EP31: Primary Aldosteronism – results from the first Portuguese multicentre study


Hospital: 1 Department of Endocrinology, Hospital de Braga; 2 Escola de Ciências da Saúde, Universidade do Minho; 3 ICVS/3B’s – Laboratório Associado, Braga/Guimarães; 4 Department of Endocrinology, Hospital Garcia de Orta; 5 Department of Endocrinology, Centro HospitalarUniversitário de Coimbra; 6 Department of Endocrinology, Centro Hospitalar São João; 7 Department of Endocrinology, Centro Hospitalar do Porto; 8 Department of Endocrinology, Hospital Curry Cabral – Centro Hospitalar de Lisboa Central; 9 Department of Endocrinology, Hospital das Forças Armadas; 10 Department of Endocrinology, Hospital de Egas Moniz – Centro Hospitalar de Lisboa Ocidental; 11 Department of Endocrinology, Instituto Português de Oncologia de Lisboa

INTRODUCTION AND OBJECTIVES

Primary Aldosteronism (PA) is the most prevalent cause of secondary hypertension. In Portugal there is no multicentre study characterizing PA patients. The aim of this study was to characterize the diagnostic workup, treatment and follow-up of patients with confirmed PA.

METHODS

The adrenal tumour study group of the Portuguese Society of Endocrinology undertook the first retrospective multicentre study of PA patients. The inclusion criteria were a positive aldosterone/renin ratio and a positive confirmatory test. Data was gathered from 9 Portuguese Endocrinology centres. The data was analysed with SPSS 21°.

RESULTS

Characteristics Mean ± SD/ Median (P25-P75) Min-Max
Age at diagnosis (years), n=62 52,1 ± 13,1 18-78
Age of hypertension diagnosis (years), n = 54 41,1 ± 10,6 16-68
Hypertension duration n= 55 9,9 (7-16) 0,6 - 45
IMC (Kg/m²), n=35 26,1 (23,9-29,4) 21,5-33,8
Baseline laboratory values Mean ± SD/Median (P25-P75)
Serum aldosterone (ng/dL), n=63 33,4 (20,4-53)
Urine aldosterone (mcg/24h), n=23 42 (25-59)
ARP (ng/mL/h), n=18 0,2 (0,2-0,2)
Serum K (mmol/L), n=60 3,2 (2,9-3,6)
Urine K (mg/dL), n=22 0,8 (0,6-1,4)
Dexamethasone supression test 1 mg % positive tests, (>1,8 ng/mL) n=17 17,6%

Form of presentation (%) 60,7 22,9 32,8 13,1 8,3
Hypertension Resistant Hypertension Hypokalemia Incidentaloma Other

Associated vascular diseases (%) 6,6 5 4,9 3,3
Heart Failure Ischaemic heart disease Chronic Renal Failure Hypertensive nephropathy

Confirmatory tests (%) 84 65,7
Saline Infusion n=45 Captopril suppression N = 14

Differences between surgical and medical treated patients

Variable Surgery (58,3%) Aldosterone Antagonists (41,7%) P
Age at diagnosis (years) 47±9,3 54,2±15,8 0,074
Sex (female) 78,6 50 0,038
Hypertension 85,2 42,1 0,002
Treated hypertension 100 75 0,009
Duration of Hypertension (years) 8 (4-13) 14 (10-21,5) 0,002
Tumor size (cm) 1,8 (1,5-2,4) 1,5 (1-1,8) 0,022

CONCLUSIONS

This is the first Portuguese PA multicentre study. It shows that PA remains an under-diagnosed condition with a significant delay in diagnosis. Surgical treated patients were younger, had more hypertension, a longer duration of hypertension and bigger adenoma size with a trend towards better hypertension control.

REFERENCES