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Author's Reply; Visceral Adiposity and not Only Total Body Fat Content Should Be Viewed as a Critical Parameters in Health Prognosis in Renal Failure

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Dear Editor,

We appreciate the comments by Dr Sakkas (1) pertaining to our recent review paper (2). We agree that BMI by itself is not adequate to differentiate between "lean body mass" and "fat content" in patients with end stage renal disease (ESRD) including renal transplant recipients. We also agree that the role of "total body fat content", the visceral fat, and the body composition in mortality of ESRD patients is not entirely clear and that more studies are needed to answer this scientific question. It has been suggested that waist circumference may be a better predictor of outcomes than BMI (3), possibly because of its better reflection of visceral adiposity. The concomitant assessment of BMI and waist circumference has resulted in the uncovering of divergent associations with mortality for these two anthropometric measures (lower mortality in patients with elevated BMI but higher mortality in patients with elevated waist circumference) in

elderly individuals (4), dialysis patients (5) and kidney transplant recipients (6). We also agree that the waist circumference is the appropriate method to assess the risk of sleep apnea syndrome in ESRD patients, especially in kidney transplant recipients (7).

In summary, more elaborate assessment of body composition is desirable in CKD and ESRD patients including renal transplant recipients and further studies are needed to assess the association of mortality and different compartments of body composition.

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