POST-TRANSPLANT CARDIOVASCULAR AND METABOLIC HEALTH OUTCOMES FOLLOWING DIETARY INTERVENTION

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INTRODUCTION

- Data shows that cardiovascular disease is the major cause of death with function in kidney transplant recipients

- Kidney transplant recipients are known to have higher rates of CVD vs general population.

- A whole-food plant-based (WFPB) diet has been shown to prevent and reverse ischemic heart disease, lower blood pressure and cholesterol, and prevent or even reverse diabetes.

AIMS

Determine the efficacy of a whole-food plant-based (WFPB) diet on improving kidney recipient cardiovascular and metabolic health as measured by: normotension, normoglycemia, and normolipidemia

METHODS

- Kidney transplant recipients within 2-4 months post-transplant were enrolled in this study

- Participants were randomized into control or intervention groups

- Baseline cardiovascular and metabolic measurements taken upon enrollment **(systolic and diastolic blood pressure, LDL, HDL, triglycerides, total cholesterol, and HgA1c)**

- The control group received standard of care dietary counseling

- The intervention group received whole-food plant-based dietary counseling classes for 3 months

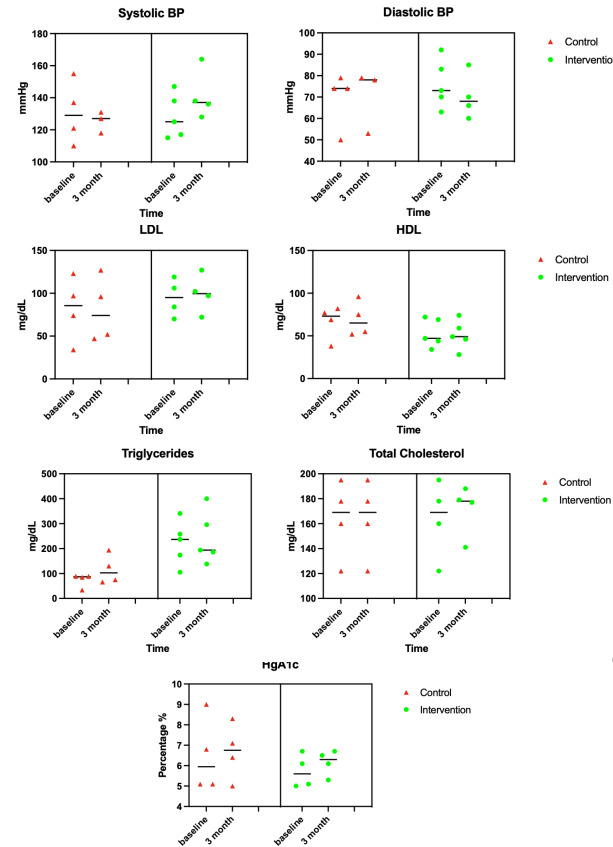- Repeat cardiovascular and metabolic measurements were taken at 3-months post-enrollment

RESULTS

Table 1. t-test analysis

	t-value	p-value
Systolic BP	-1.62	0.17
Diastolic BP	2.56	0.051
LDL	-0.67	0.53
HDL	0.63	0.54
Triglycerides	0.31	0.76
Total Cholesterol	0.58	0.58
HgA1C	-0.37	0.72

RESULTS

- A total of 9 participants were included

- Of those, 4 (44.5%) were assigned to the control group and 5 (55.5%) were assigned to the intervention group

- Baseline and 3-month measurements were compared in the nested tables

- T-test analysis is shown in table 1.

CONCLUSIONS

Based on this preliminary data, there is no statistically significant difference between control and intervention groups in measurements of cardiovascular and metabolic health

LIMITATIONS

Limitations for this study included a small sample size and unexpectedly high drop out rate, which limited the statistical power of our study at this time time

FUTURE RESEARCH

This project is ongoing and additional participants are being actively enrolled into this study

Plans to collect additional measurements at 6-months and 12-months post-enrollment