

Essential amino acid supplementation in renal failure patients on dialysis

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Abstrak

ABSTRACT

This study was carried out to ascertain the effect of essential amino acids supplementation in renal failure patients on dialysis. 22 renal failure patients on dialysis without any signs and symptoms of G.I. disorders, liver disease, uncontrolled diabetic mellitus were recruited to the study. 11 patients served as subjects and received essential amino acids supplementation, 11 others served as control group who received placebo. The subjects had undergone basic physical examination, biochemical assessment (Hb, transferrin, ureum and creatinine) and dietary assessment at the beginning and at the end of the study. The study concluded that the essential amino acids supplementation given to renal failure patients on dialysis has significantly increased the transferrin value, this may suggest an improvement of the protein status of the patients. The study also pointed out that the increased in transferrin as an effect of the essential amino acids supplementation didn't cause an extra burden to the kidneys. Further investigations are needed to reconfirm this finding