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Clinical analysis of hyponatremia

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Hyponatremia (P-Na), defined as a serum sodium (Na) concentration less than 135 mmol/l, is the most common electrolyte abnormality in current clinical practice. To determine the incidence, clinical features, etiology, risk factors and mortality in internal medicine patients with hyponatremia, a prospective survey was conducted in patients with hyponatremia, diagnosed at admission in an Internal Medicine Department. 692 patients were then selected and subsequently divided into three groups based on the severity of hyponatremia. Multivariate linear regression analysis was used to explore the factors associated with levels of hyponatremia. We found that the prevalence of hyponatremia was 3.37%. Euvolemia hyponatremia was the predominant subtype in three types of hyponatremia (49.42%). Gastrointestinal and neurological manifestations were common hyponatremic symptoms. The leading five underlying diagnoses were chest infection (31.94%), malignancy (10.84%), cardiac disease (6.36%), liver cirrhosis (6.07%), and neurological disease (5.20%). Moderate and severe hyponatremia had higher mortalities than mild hyponatremia ($P < 0.05$). The levels of serum Na, Age and serum Cl were positively correlated while serum K, BUN and Glu were negatively correlated ($P < 0.05$). In conclusion, hyponatremia is common in internal medicine and accompanied by other electrolyte disturbances, various symptoms/diagnoses and increased mortalities with decreasing Na, which requires special attention in clinical practice.

Biography

Guixia Wang, as a domestic famous expert in endocrine and metabolic field, has been engaged in endocrine and metabolic works for more than 30 years, and has made remarkable achievements in clinical, teaching, and scientific research work. She has been trained for eight years in the USA on the relationships between free radicals, energy metabolism and cellular proliferation et al. She holds an American medical license. Her excellent clinical position and strong fundamental background makes likely our clinical assays going smoothly and support her well in the linkage between the clinical and basal metabolic diseases.

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