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Тези
COURSE PROGRAM STICK TO TOP TIPS
in order to maintain kidney health
CME hybrid
(live and synchronous online access) course
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**The effect of ubiquinone and glutathione
on the uromodulin profile in patients
with CKD stage 1–3**

Background. The purpose of the work was to investigate the effect of ubiquinone and glutathione on the level of uromodulin in serum (sUMOD) and urine (uUMOD) in patients with chronic kidney disease (CKD) of stages 1–3. **Materials and methods.** A prospective randomized cohort study ROLUNT (uROmoduLin, UbiquinoNe, glutaThione), in which 123 patients participated in 2021–2023. It was conducted at VETA-PLUS LLC, Professor Dmytro Ivanov Nephrology Clinic LLC and CDC of Brovary Multidisciplinary Clinical Hospital, which are the clinical bases of the Department of Nephrology and Renal Replacement Therapy of the Shupyk National Healthcare University of Ukraine. Participants were divided into 4 groups: group 1 (n = 30) — patients with CKD stage 1–3 who, in addition to standard therapy, received an antioxidant drug — glutathione 100 mg 2 times a day, during meals, for 3 months, group 2 (n = 30) — patients with CKD stage 1–3 who, in addition to standard therapy, received an antioxidant drug — ubiquinone 100 mg once a day, during meals, for 3 months, group 3 (n = 31) — patients with CKD stage 1–3 who did not receive an antioxidant drug in addition to standard therapy and group 4 (n = 32) — patients without risk factors for CKD and without signs of kidney damage. Studies were conducted 3 times with an interval of 3 months. **Results.** The results of the paired t-test in the 2nd group (n = 30) showed that there are significant differences: i) (t(29) = 6.8) between the levels of uUmod (p < 0.001) in the first (M = 24.2, SD = 7.5) and in the second study (M = 26.3, SD = 8.3); ii) (t(29) = 7.6) between uUmod levels (p < 0.001) in the first (M = 24.2, SD = 7.5) and in the third studies (M = 26.6, SD = 8, 2). The results of the paired t-test in 1 group (n = 30) showed that there are significant differences: i) (t(29) = 6.5) between uUmod levels (p < 0.001) in the first (M = 23, SD = 8.7) and in the third study (M = 25.4, SD = 9.1); ii) (t(29) = 6.4) between

uUmod levels (p < 0.001) in the first (M = 23, SD = 8.7) and in the second studies (M = 24.6, SD = 8.2). **Conclusions.** Antioxidant therapy with glutathione and ubiquinone significantly affects the examination parameters of patients with CKD. Considering the safety and effectiveness of antioxidant therapy, we suggest including antioxidant therapy in treatment protocols for patients with CKD. Further research is recommended to establish a standard protocol.

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