音部　雄平 (Yuhei Otobe)

otobe@omu.ac.jp

研究分野

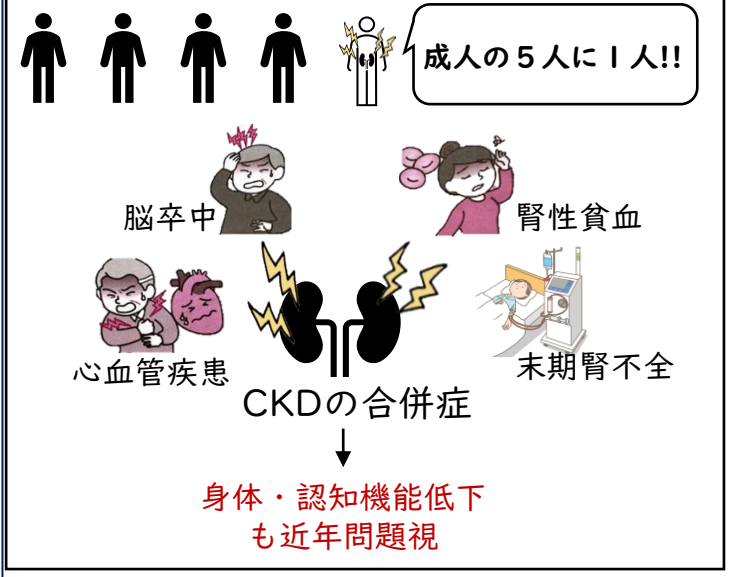
内部障害リハビリテーション (腎・代謝疾患、循環器疾患)

急性期リハビリテーション

< INDEX >

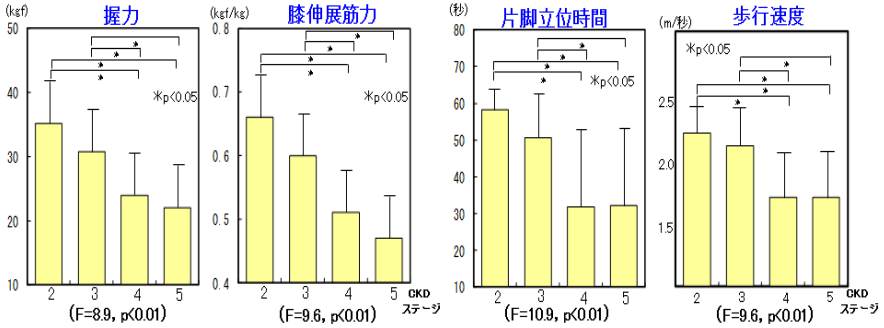
慢性疾患を有する方々が身体・認知機能を維持し、Well-beingな生活を送るために どのような活動・生活習慣が重要になるのかについて研究しています

日本のCKD患者は2,000万人



① CKD患者の身体機能低下は保存期から顕著

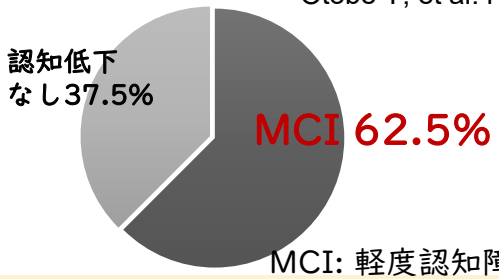
音部ら. 理学療法学, 2017



・ＣＫＤステージ進行に伴い身体機能は低下
・ステージＧ４・５の筋力は健常者に比べ１０−３０％低値

② CKD患者の認知症リスクは高 (横断研究)

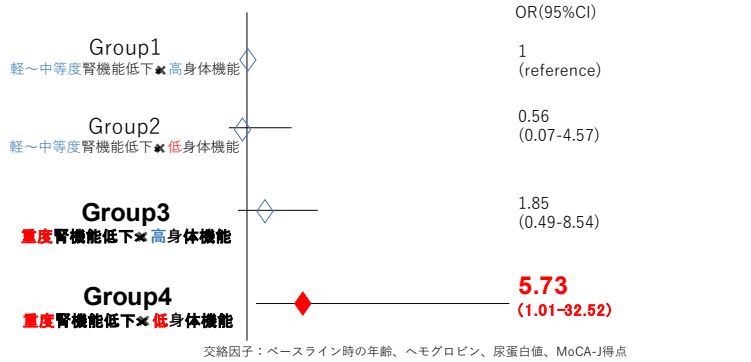
Otobe Y, et al. Nephrology, 2017



MCI: 軽度認知障害 (認知症予備群)

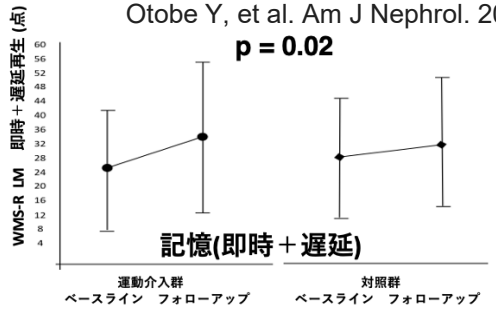
③ 低身体機能はCKD患者の 認知機能低下リスクを高める (縦断研究)

Otobe Y, et al. Clin Exp Nephrol. 2019.



④ 運動療法介入はCKD患者の認知機能改善に寄与 (介入研究)

Otobe Y, et al. Am J Nephrol. 2021



大阪公立大学
医学部リハビリテーション学科
リハビリテーション学研究科

Research Area

[< INDEX >]

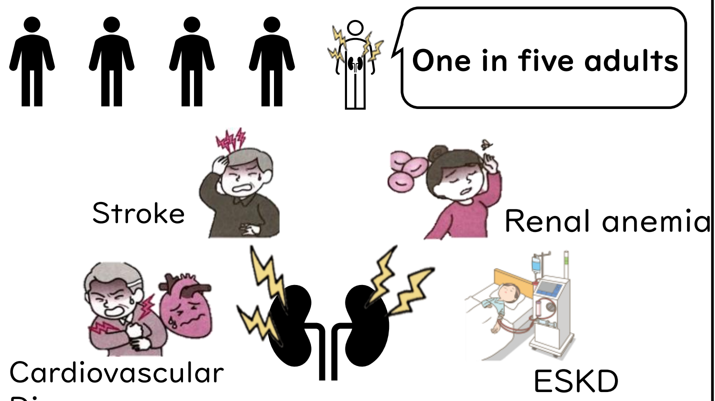
ǒĵ ㇐ś㇐h Ġ L'ś ŧ t Ç t ㇐5

otobe@omu.ac.jp

- Rehabilitation for internal medicine (Kidney and metabolic disease/cardiovascular disease)
- Acute phase rehabilitation

My research focuses on which activities and lifestyle habits help people with chronic diseases maintain their physical and cognitive functions and live with better well-being.

20 million people with CKD in Japan



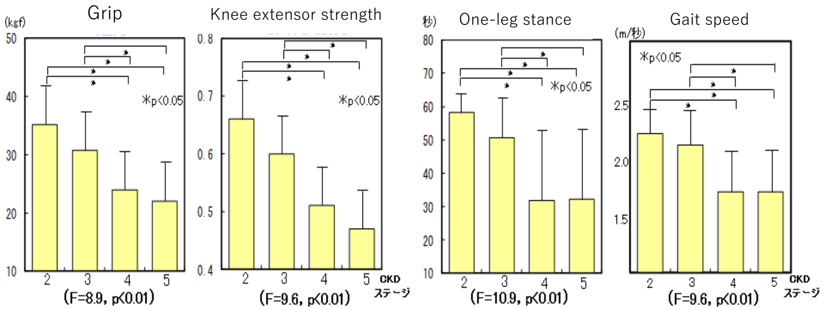
Complications of CKD

↓

Decline in physical and cognitive function has also become a major concern.

① Decline in physical function in CKD patients is already evident from the pre-dialysis stage

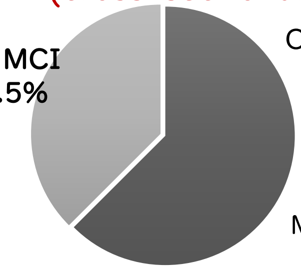
Otobe et al, Rigakuryohougaku, 2017



- Physical function declines as CKD stage progresses.
- Muscle strength in stages G4-G5 is 10-30% lower than in healthy adults.

② High risk of dementia in CKD (cross-sectional study)

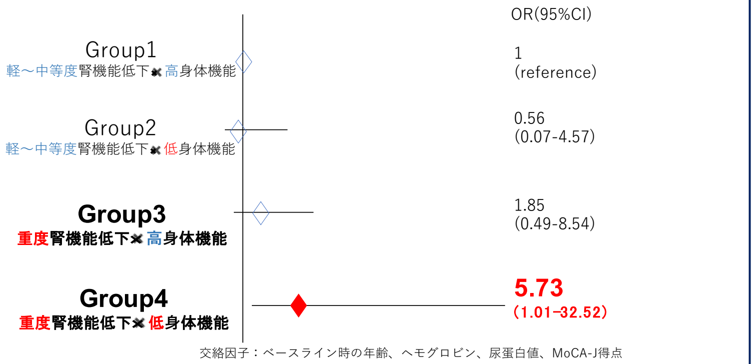
Otobe Y, et al. Nephrology, 2017



MCI: mild cognitive impairment

③ Low physical function increases the risk of cognitive decline (longitudinal study)

Otobe Y, et al. Clin Exp Nephrol. 2019.



交絡因子：ベースライン時の年齢、ヘモグロビン、尿蛋白値、MoCA-J得点

④ Exercise improves cognitive function in CKD (RCT)

Otobe Y, et al. Am J Nephrol. 2021