

Singapore Renal Registry

Annual Report 2022

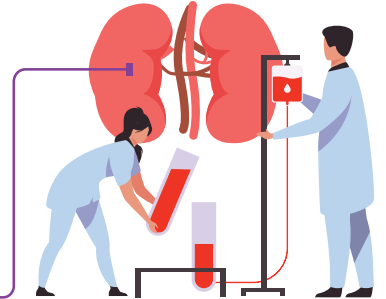
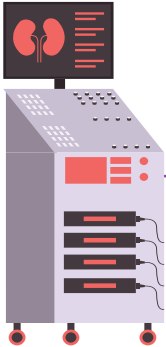
What is chronic kidney disease stage 5 (CKD5)?

The function of the kidneys is to remove waste products & excess fluid from the blood. CKD5, also known as kidney failure, is when the kidneys lose their ability to function, resulting in the accumulation of waste products & fluid in the body

Having diabetes & hypertension **increases one's risk of CKD5**

Dialysis is the most common form of renal replacement therapy (RRT) for CKD5 patients

Patients may opt for **kidney transplant**, **dialysis** or **kidney supportive care** after discussion with their doctors



The number of dialysis patients is on the rise: in 2022, there were 4 new dialysis patients every day

The number of new dialysis patients has **increased by 50% over 10 years**



Even after accounting for population ageing, this increase remained significant

Every year, about **2 in 3 dialysis patients have CKD5 as a result of diabetes**

In 2020, Singapore had the world's highest percentage of CKD5 patients starting treatment who developed kidney failure due to diabetes¹

¹ Source: End Stage Renal Disease: Chapter 11 – International Comparisons. United States Renal Data System (USRDS)

In 2022, there were almost 9,000 prevalent dialysis patients among Singapore residents

This represents a **70% increase** since 2012

- Males outnumbered females: almost **60% were males**
- The elderly made up majority of dialysis patients: **70% were aged 60 years and above**
- Haemodialysis (HD)²** was the predominant modality: almost **90%** were on HD
- Median survival was **6 years** after initiation of dialysis

² HD involves using a dialysis machine to cleanse the blood of toxins & excess fluid. It is usually done thrice weekly at a dialysis centre

Reduce your risk of CKD by leading a healthy lifestyle

Maintain a healthy & balanced diet

Engage in regular physical activity & maintain a healthy weight

Practise a smoke-/ nicotine-free lifestyle

Keep blood pressure, cholesterol & glucose levels under control

Attend regular health screenings & follow-up

