

END STAGE RENAL DISEASE

IN SINGAPORE

DIALYSIS FACTS & FIGURES

2012

921

NEW DIALYSIS PATIENTS

169.3 per million population started dialysis[^]



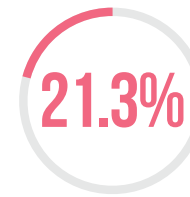
of NEW DIALYSIS PATIENTS ON PERITONEAL DIALYSIS

2016

1166

NEW DIALYSIS PATIENTS

185.3 per million population started dialysis[^]



of NEW DIALYSIS PATIENTS ON PERITONEAL DIALYSIS

THE IMPACT OF DIABETES

Diabetes is the leading cause of End Stage Renal Disease (ESRD) and affects outcome for ESRD patients



2 IN 3

NEW DIALYSIS PATIENTS HAD DIABETES

1 IN 2

DIABETIC ESRD PATIENTS DIE WITHIN 5 YEARS

versus

1 IN 4

NON-DIABETIC ESRD PATIENTS DIE WITHIN 5 YEARS

PREVENTION IS THE BEST PROTECTION

The risk of getting CKD can be reduced

A healthy lifestyle



• Maintain a healthy weight and exercise regularly



• Eat healthily and in moderation



• Avoid smoking



Attend regular health screening and follow-up



Good control of high blood pressure, high cholesterol and diabetes



Take medication for high blood pressure, high cholesterol and diabetes as advised by your doctor

[^] Taking into account population growth and ageing

* There are 5 stages in the development of Chronic Kidney Disease (CKD). ESRD is the last stage of CKD.