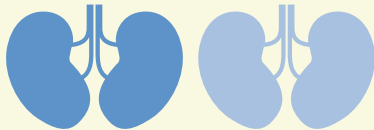


On average, 5 people were diagnosed with end-stage renal disease (ESRD) every day. ESRD patients may undergo kidney transplant or dialysis after discussion with their doctor\*.

Kidney transplant can come from a living or deceased donor.  
ESRD patients with kidney transplant from living donors have higher survival rate\*.



**1 in 2**

kidney transplants in 2018 were from living donors\*.



**9 in 10**

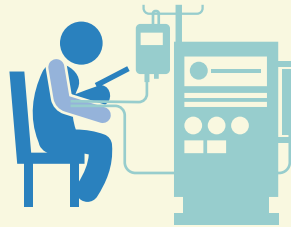
ESRD patients with kidney transplant from living donors\* survived beyond 10 years, compared to 8 in 10 from deceased donors\*.

**3 in 5** dialysis patients survived beyond 5 years.

There are two main types of dialysis: peritoneal dialysis (PD) and haemodialysis (HD).

PD is done at home daily.

- ✓ Self-managed at own convenience
- ✓ Painless without needling
- ✓ Fewer dietary restrictions



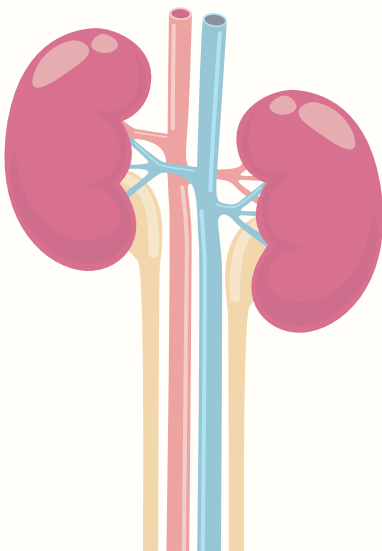
HD is done at dialysis centre.

- ✓ Managed by professional staff at dialysis centre
- ✓ Usually done three times a week



**1 in 5** new dialysis patients were on PD in 2018, a rise from 1 in 10 in 2014.

ESRD can be prevented by leading a healthy lifestyle.



**Eat healthily  
and in  
moderation**



**Do not  
smoke**



**Exercise and  
maintain  
a healthy  
weight**



**Go for regular  
health  
screening and  
follow up**



**Keep blood  
pressure,  
cholesterol and  
glucose under  
control**

\* There are also patients on kidney supportive care, whereby ESRD is managed through diet and medicine, without kidney transplant or dialysis. This infographic focuses on patients with kidney transplant and dialysis.

\* Among kidney transplants done in Singapore