Patients with end-stage renal disease (ESRD) may undergo dialysis, kidney transplant or conservative management after discussion with their doctor.

**YEAR 2013**

- 977 new dialysis patients
  - 171 per million population*
- 8 in 10 on haemodialysis
- 2 in 10 on peritoneal dialysis
- 88 kidney transplants
  - 18 per million population*

**YEAR 2017**

- 1175 new dialysis patients
  - 180 per million population*
- 8 in 10 on haemodialysis
- 2 in 10 on peritoneal dialysis
- 112 kidney transplants
  - 21 per million population*

Diabetes is the leading cause of ESRD, with 2 in 3 new dialysis patients having diabetes.

- Dialysis patients without diabetes have better survival.
  - 3 in 10 dialysis patients without diabetes died within 5 years
  - 5 in 10 dialysis patients with diabetes died within 5 years

- ESRD patients who received kidney transplant from living donors have better survival.
  - 1 in 20 ESRD patients with kidney transplant from living donors died within 5 years
  - 2 in 20 ESRD patients with kidney transplant from deceased donors died within 5 years

**Tips to healthier kidneys**

- Eat healthily and in moderation
- Avoid smoking
- Keep blood pressure, cholesterol and glucose under control
- Exercise and maintain a healthy weight
- Go for regular health screening and follow up

*On average, 5 people are diagnosed with ESRD every day.
*Among Singapore residents and taking into account population growth and ageing
*Among kidney transplants done in Singapore