

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

1 in 2 kidney transplants⁺ was from living donors.

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

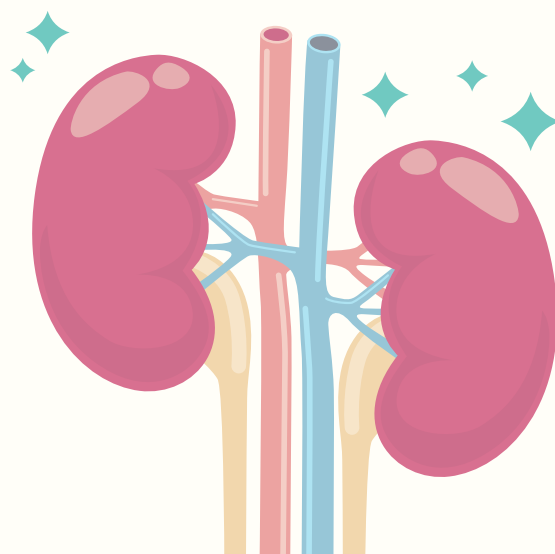


Keep blood pressure,
cholesterol and glucose
under control



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