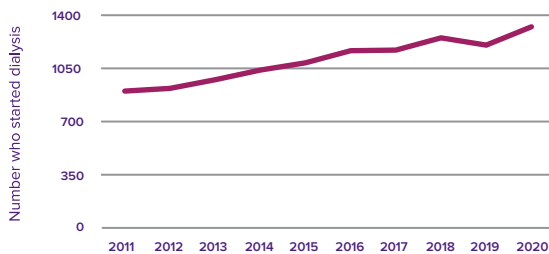


*As the registry will monitor a patient's estimated glomerular filtration rate readings for at least six months to ascertain the diagnosis of ESRD, there is only a rough estimate number for year 2020 at the point of publication.

ESRD patients can opt for dialysis, kidney transplant or kidney supportive care after discussion with their doctor. This infographic focuses on patients on dialysis and those with kidney transplant.

Dialysis

There are two main types of dialysis: Haemodialysis (HD) and Peritoneal Dialysis (PD). Number of patients on dialysis has increased over the years.



HD is done at a dialysis centre

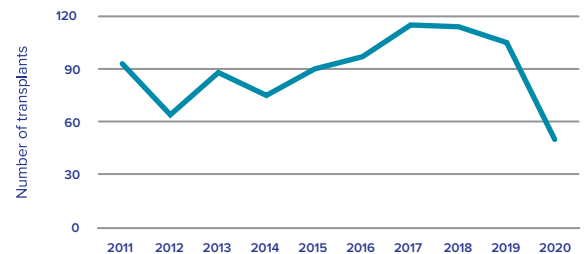
- ✓ Managed by healthcare professionals, usually thrice a week

PD is done at home

- ✓ Self-managed daily at own convenience
- ✓ No needling required
- ✓ Fewer dietary restrictions

Transplant

A transplanted kidney can come from a living or deceased donor. Number of kidney transplants has fallen in recent years.



Stringent medical assessments are carried out before a kidney transplant to ensure suitability. Both kidney transplant recipient and living donor can return to carrying out normal daily activities after their kidney transplant. It is important for both to maintain a healthy lifestyle.



Survival and risk factors[†] among ESRD patients on dialysis

Proportion who survived beyond 5 years since the start of dialysis	56%
Median age	62 years old
Proportion with diabetes	62%
Proportion with ischaemic heart disease	46%
Proportion with cerebrovascular disease	23%
Proportion with peripheral vascular disease	15%
Proportion with cancer	8%

Survival and risk factors[‡] among ESRD patients with kidney transplant

Proportion who survived beyond 5 years after kidney transplant	94%
Median age	48 years old
Proportion with diabetes	13%
Proportion with ischaemic heart disease	18%
Proportion with cerebrovascular disease	4%
Proportion with peripheral vascular disease	2%
Proportion with cancer	3%

[†]At the start of dialysis

[‡]At the time of kidney transplant

Leading a healthy lifestyle not only prevents ESRD, it also improves eligibility for kidney transplant and survival for those with ESRD.



Eat healthily and in moderation



Keep blood pressure, cholesterol and glucose under control



Lead an active lifestyle and maintain a healthy weight



Go for regular health screening and follow up



Practise a smoke-free lifestyle