

# SINGAPORE RENAL REGISTRY ANNUAL REPORT 2024



## What is chronic kidney disease stage 5 (CKD5)?

Healthy kidneys filter waste and extra fluid from one's blood. However, in CKD5, commonly known as kidney failure, this cleaning process is insufficient. As a result, waste, toxins, and fluid build up inside the body.

There are two types of dialysis: Haemodialysis (HD) and Peritoneal Dialysis (PD).



**HD:** Blood is filtered through a machine to remove waste and excess fluid, then returned to the body.

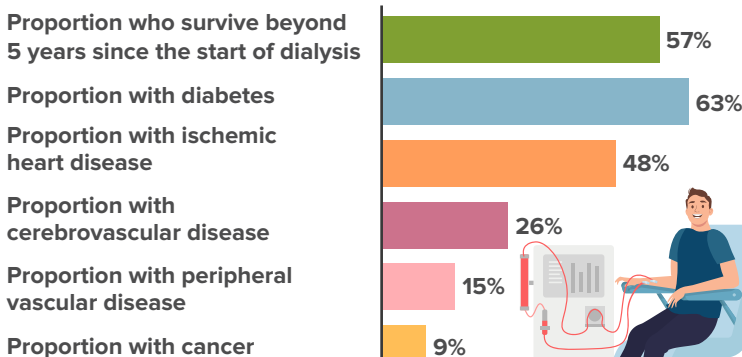


**PD:** A cleansing fluid is placed in the abdomen, where the lining of the abdomen filters waste before the fluid is drained out.

Key Statistics	2014	2024
Number who started dialysis	1042	1419
Proportion who started on HD	86.9%	81.0%
Proportion who started on PD	13.1%	19.0%
Number who started HD per million population <sup>^</sup>	152.7	144.6
Number who started PD per million population <sup>^</sup>	23.4	37.3
Median age at start of dialysis	61	66
Proportion aged 60 years or older at start of dialysis	53%	66%

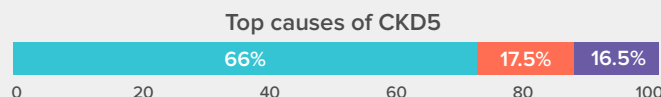
<sup>^</sup>After adjusting for the change in Singapore's demographics over the years. The statistics in the above table corresponds to new patients on definitive dialysis, i.e. those who survived >90 days after initiation of dialysis in that year.

## Survival and risk factors<sup>†</sup> among CKD5 patients on dialysis



<sup>†</sup>At the start of dialysis

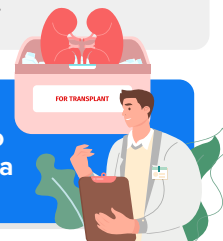
## Top 2 causes of CKD5 are diabetes and hypertension



Diabetes and hypertension are the leading causes of CKD5, accounting for 66% and 17.5% of cases respectively. Patients can opt for dialysis, kidney transplant or kidney supportive care after discussion with their doctor.

■ Diabetes ■ Hypertension ■ Others

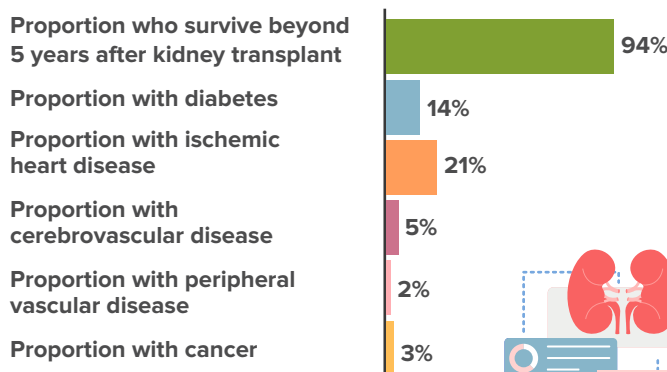
Thorough medical assessments are carried out before a kidney transplant to ensure suitability. A patient can receive a kidney from a living or deceased donor.



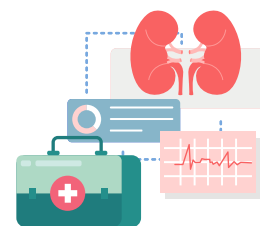
Key Statistics	2014	2024
Number who underwent transplant	75	124
Proportion who received kidney from living donor <sup>#</sup>	70%	55%
Proportion who received kidney from deceased donor <sup>#</sup>	30%	45%
Median age at transplant	49	49
Proportion aged 60 years or older at transplant	11%	10%

<sup>#</sup>Among transplant done locally

## Survival and risk factors<sup>‡</sup> among CKD5 patients with kidney transplant



<sup>‡</sup>At the start of kidney transplant



## What can you do to lower your risk of kidney failure?



Maintain a healthy & balanced diet



Engage in regular physical activity and maintain a healthy weight



Practise a smoke/nicotine-free lifestyle



Keep blood pressure, cholesterol & glucose levels under control



Attend regular health screenings & follow-ups



Scan here

For more information on CKD5, please scan the QR code or visit [https://www.healthhub.sg/a-z/diseases-and-conditions/chronic\\_kidney\\_disease\\_nuh](https://www.healthhub.sg/a-z/diseases-and-conditions/chronic_kidney_disease_nuh)