






What is end-stage renal disease (ESRD)?

ESRD occurs when kidneys lose their functioning ability. Diabetes is the leading cause of ESRD. More than 2,000 new patients were diagnosed with ESRD in 2021. ESRD patients can opt for dialysis, kidney transplant or kidney supportive care after discussion with their doctor.

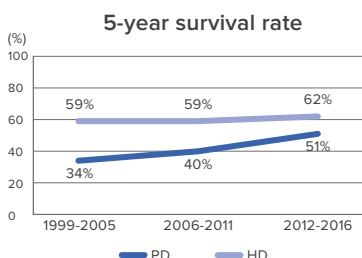
Key statistics on dialysis

There are two types of dialysis*: Haemodialysis (HD) and Peritoneal Dialysis (PD). The age-standardised incidence rate of both HD and PD increased over the years, where the rise was 13% for HD and 26% for PD.

*HD uses an artificial kidney machine to clean the patient's blood. This is usually done thrice a week, managed by staff at a dialysis centre. PD uses the inner lining of the patient's abdomen as a natural filter to clean the patient's blood. This is done daily and self-managed at home with no needling required and fewer dietary restrictions than HD.

	2011	2021
Number who started dialysis 	903	1,409
Number who started HD per million population [†] 	138.4	156.7
Number who started PD dialysis per million population [†] 	31.1	39.2
Median age at start of dialysis 	62	66
Proportion aged 60 years or older at start of dialysis 	55%	66%

[†]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








The survival rate of PD patients improved over the years, while the survival rate of HD patients remained relatively constant.

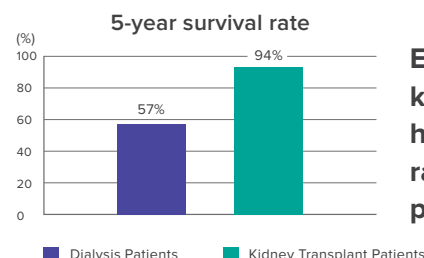
Key statistics on kidney transplant

Patients can receive kidney from a living donor[†] or deceased donor. The proportion of patients with kidney transplant from living donors increased, while the proportion of patients with kidney transplant from deceased donors dropped over the years.

[†]There are medical assessments to ensure suitability for both the recipient and donor before kidney transplant. Both the recipient and donor can lead a normal life after kidney transplant.

	2011	2021
Number who underwent transplant 	93	74
Proportion who received kidney from living donor [‡] 	46%	66%
Proportion who received kidney from deceased donor [‡] 	54%	34%
Median age at transplant 	50	51
Proportion aged 60 years or older at transplant 	10%	20%

[‡]Among transplants done locally



ESRD patients with kidney transplant had better survival rate than ESRD patients on dialysis.

ESRD can be prevented by leading a healthy lifestyle

For those diagnosed with renal disease in the early stages, progression to late stages can be controlled with appropriate medication and healthy lifestyle.



Eat healthily and in moderation



Keep blood pressure, cholesterol and glucose under control, as these are risk factors of ESRD



Lead an active lifestyle and maintain a healthy weight



Go for regular health screening and follow up



Practise a smoke-free lifestyle