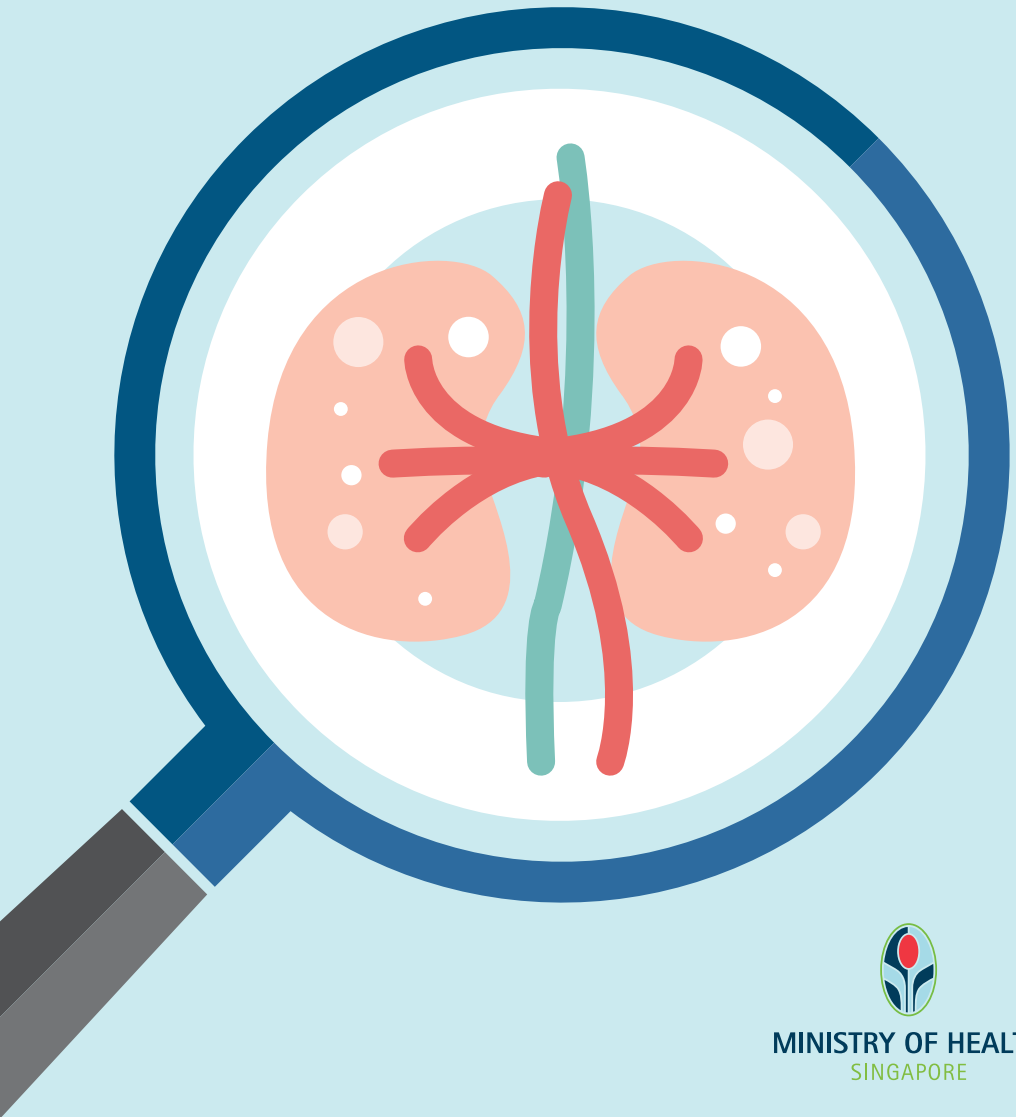


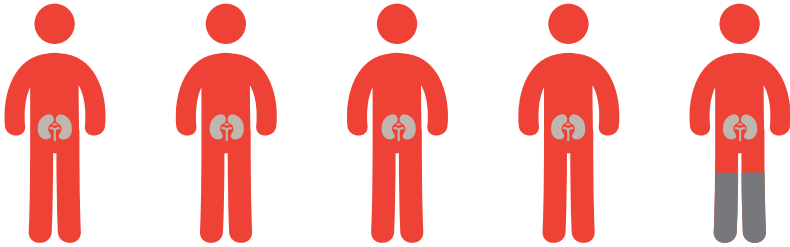
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LIVING WITH **CHRONIC KIDNEY DISEASE (CKD)**



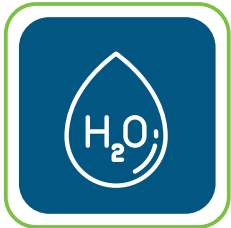
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What is Kidney Failure?



A patient's kidneys can deteriorate despite best treatment and care. It is estimated that **4.7 new patients** are diagnosed with kidney failure every day in Singapore.

Function of Our Kidneys



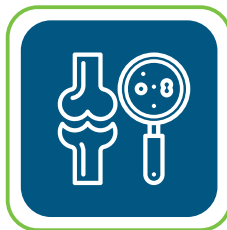
Controlling the fluid in your body



Maintaining normal blood biochemistry such as potassium, phosphate and acid



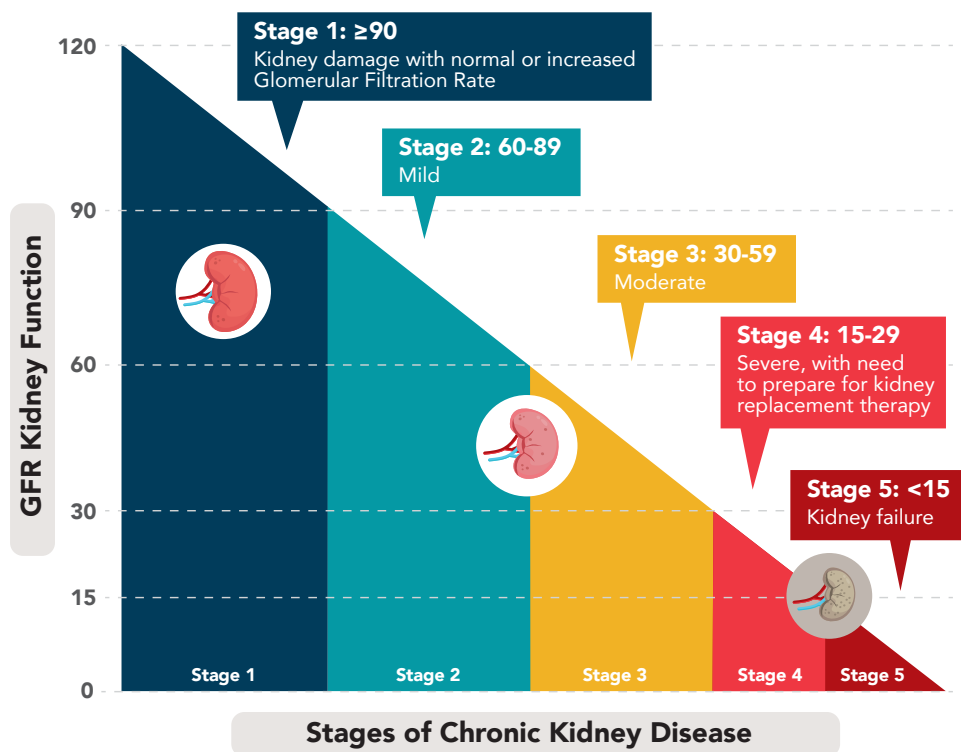
Removing blood toxins



Producing hormones to maintain blood count and bone health

“ As our own kidneys fail, we will need to find other ways to replace its functions. ”

Glomerular Filtration Rate (GFR) can be estimated from a blood test and is a measure of kidney function.



These symptoms may arise at low levels of kidney function:



Breathlessness



Leg swelling



Nausea and vomiting

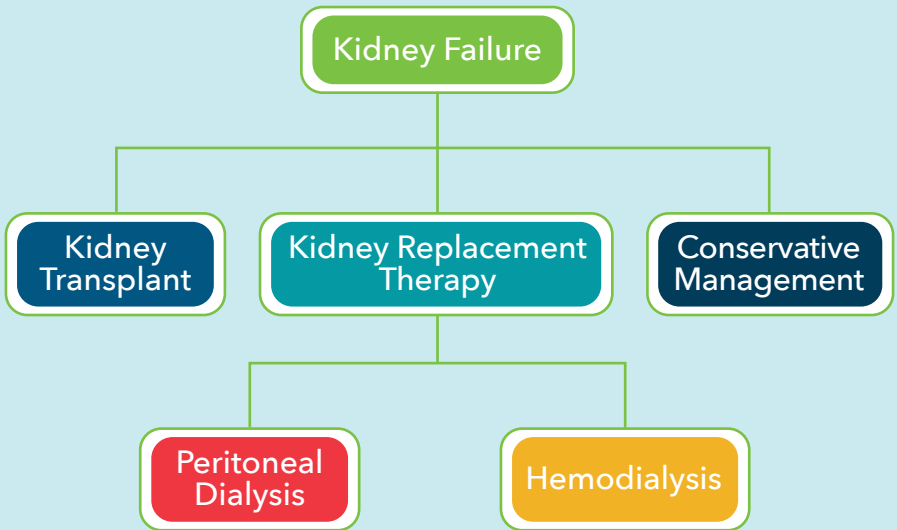


Drowsiness



Itching

What are My Options when My Kidneys Fail?



1 Peritoneal Dialysis

Daily home-based dialysis therapy which uses the abdomen as a filter.

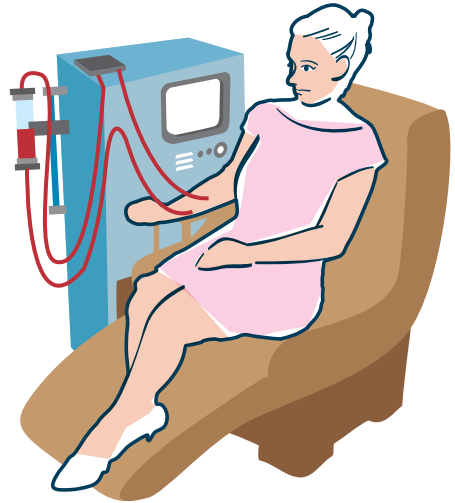
Patients or caregivers instill clean dialysis fluid into patient's abdomen for dialysis.



2 Hemodialysis

Centre-based therapy is performed in a dialysis centre at least 3 times a week.

A patient's blood will be cleansed via a filter attached to a machine before being returned to the patient's body.

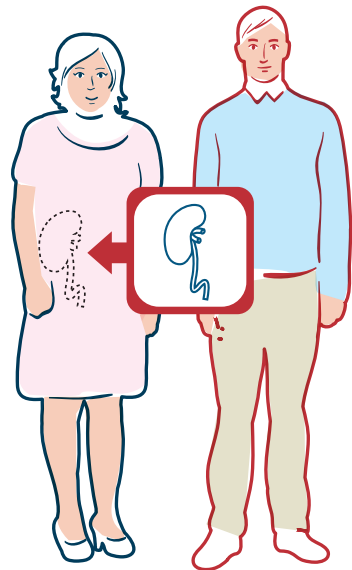


3 Kidney Transplantation

Surgical transplantation of a functioning kidney into a patient who has kidney failure.

Once in place, the new kidney replaces the function of the old kidneys. If the transplant is successful, dialysis is not needed.

A patient may receive the donation of a functioning kidney from a loved one or a deceased donor under the Human Organ Transplantation Act.



4

Conservative Management

Sometimes, patients may decide not to undergo the above treatment options.

Medications can be given to help alleviate the symptoms that may arise with worsening kidney function.

Advanced Care Planning can also be done to discuss future care preferences between an individual, their family and healthcare providers.



The aim is to provide comfort care until patients pass on.



Focus on what best suits you...

Most patients feel overwhelmed with the news of kidney failure. However, with appropriate preparation, the outcome can be positive.

Early discussion with your family, renal counsellors and doctor will help you understand more to make an informed decision.



"Transplant is more than just a surgery; it is an act of love which binds us more tightly together."

Mdm Noriza, who donated her kidney to her husband

"The transplant has not affected my life and as for my dad, his quality of life has improved greatly since the transplant."

Daryl, who donated his kidney to his father

"When I was younger, I thought having kidney failure would hinder my life. It is just a condition. With peritoneal dialysis, I can still do the things I want."

Wan Ting, peritoneal dialysis patient

"After undergoing hemodialysis, I am leading a productive and fulfilling life and treasuring my time with my family, especially my 4 grandchildren."

Mdm See, hemodialysis patient

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