



The foundation  
of kidney care.

# FACING THE FACTS

Includes Highlights from the Canadian Organ Replacement Register<sup>1</sup>

2013

## Kidney Disease

- 1 in 10 Canadians has kidney disease, and millions more are at risk.
- Each day, an average of 15 people are told that their kidneys have failed.
- The two leading causes of kidney failure are:
  - ✓ **Diabetes** – 35%
  - ✓ Renal Vascular Disease (including **high blood pressure**) – 16 %.
- The number of Canadians being treated for kidney failure has more than tripled in 20 years.
- 53 % of new renal failure patients are 65 years of age or older
- Among the 40,385 people being treated for kidney failure:
  - ✓ **58%** (23,423) are on **dialysis**
  - ✓ **42%** (16,962) have a **functioning transplant**

## Organ Donation

- Nearly 80% of the over 4,500 Canadians on the waiting list for an organ transplant, are waiting for a kidney.
- In 2011, nearly 35% of the people who died while waiting for organs were waiting for a kidney (80 people).
- Donor rates have stagnated since 2006.
- The need for organs outpaces the supply.
- On average, kidney patients wait 4 years or more for a deceased-donor kidney transplant.
- Median wait times for 2009-2011 were:
  - longest in B.C. (5.4 years) and Manitoba (5.1 years)
  - shortest in Saskatchewan (2.3 years).
- 35% of kidney transplants are made possible by living donors.

## Burden and Cost of Care

- Kidney disease and its treatment can take a great physical and psychological toll.
- People living with kidney failure frequently face significant financial challenges related to loss of income, transportation and medication costs.
- **Hemodialysis** provided in an institutional setting such as a hospital is the most common treatment for kidney failure and costs the health care system an average of \$83,000/patient/year.
- Each hemodialysis treatment normally takes four to five hours, 3 times per week, so transportation to and from dialysis can be a significant, and costly, challenge.
- **Home-based therapies** such as peritoneal dialysis (\$30,000-\$38,000) and home hemodialysis (\$45,000-\$58,000) are less costly for the health care system.
- While home-based therapies can increase flexibility and reduce the burden of transportation, there can be other barriers like lack of suitable housing or increased water and energy costs.
- The initial, one-year cost of a **kidney transplant** is about \$120,000. Transplantation follow-up costs, including medication, drop to under \$22,500 per year in subsequent years.
- Over five years, in addition to improved health benefits and quality of life to the individual, a kidney transplant saves the health care system over \$100,000 compared to the most common form of dialysis.
- Not everyone is eligible for a kidney transplant, and even if they are, some people can spend years on the waiting list.

## You can make a difference:

- Register your intention to donate your organs: either on your healthcare card, driver's license or through your provincial donor registry.
- Then speak to your family and loved ones to make sure they know your wishes.
- Consider living organ donation.
- To join the Living Donor Paired Exchange Registry, visit: [www.organsandtissues.ca/s/english-public/living-kidney-donation](http://www.organsandtissues.ca/s/english-public/living-kidney-donation)