



NEWS

**European Renal Association -
European Dialysis and Transplant Association**

What can be learnt from the WHO Report? Take action against kidney disease!

22 January 2015

Every year, 16 million people die prematurely – before the age of 70 – due to noncommunicable diseases as the “GLOBAL STATUS REPORT 2014” [1] of the World Health Organisation (WHO) pointed out. Chronic kidney disease (CKD) adds to this startling statistics, as it is one of the causes of death that most increased in the last 20 years. CKD is often a direct sequela of hypertension and diabetes – diseases whose incidence in recent years has increased dramatically and is still rising. The increase in CKD may be considered the immediate consequence of the growing number of diabetics and hypertension patients. The discomfiting aspect here is that we must fear that this is just the tip of the iceberg.

Besides the prognosis of CKD patients is rather poor. Limited kidney filtration function beneath 60 ml/min/1.73 m² constitutes an independent risk factor for total and cardiovascular mortality. The degree of proteinuria, another CKD symptom, can thus provide additional information on the mortality risk in the various stages of the disease [2]: with an albumin-creatinine ratio ≥ 30 mg/g, the threshold value for the presence of CKD, mortality risk increases by 50% and even rises more than four-fold at high levels of albuminuria (>1 g/g).

Therefore fighting against kidney disease would be an effective measure to reduce premature death from noncommunicable diseases. Countries are urged by the WHO to set national targets and implement proven interventions. Some countries have already started promising initiatives, but so far CKD prevention has often not been taken into consideration in public health programmes at all. Many people – even in Europe – are not even aware of the risk! This is very deplorable because timely detection of kidney disease could help start the necessary dietary interventions as well as the medical treatments to halt progression of kidney disease and to prevent its cardiovascular complications. To sum it up: It is high time to take action now and to start the fight against kidney disease!

[1] GLOBAL STATUS REPORT on noncommunicable diseases 2014

http://apps.who.int/iris/bitstream/10665/148114/1/9789241564854_eng.pdf

[2] http://www.kdigo.org/clinical_practice_guidelines/pdf/CKD/KDIGO_2012_CKD_GL.pdf



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About ERA-EDTA

With more than 7,000 members, the ERA-EDTA ("European Renal Association – European Dialysis and Transplant Association") is one of the biggest nephrology associations worldwide and one of the most important and prestigious European Medical Associations. It supports basic and clinical research in the fields of clinical nephrology, dialysis, renal transplantation and related subjects. The ERA-EDTA supports a number of studies as well as research groups and has founded a special "Fellowship Programme" for young investigators as well as grant programmes. In order to involve young nephrologists in all activities of the ERA-EDTA the Council decided to create a Young Nephrologists' Platform (YNP). Besides, it has established various research networks and different working groups to promote the collaboration of nephrologists with other medical disciplines (e.g. cardiology, immunology). Furthermore, a "European Renal Best Practice" (ERBP) advisory board has been established by the ERA-EDTA to draw up and publish guidelines and position statements. Another important goal of the ERA-EDTA is education: several series of CME-courses as well as the annual congress offer an attractive scientific programme to cover the need of continuous medical education for doctors working in the fields of nephrology, dialysis and transplantation. The association's journals, NDT (Nephrology, Dialysis, Transplantation) and CKJ (Clinical Kidney Journal), are currently the leading nephrology journals in Europe. The ERA-EDTA Registry is a large epidemiologic database comparing countries by assessing nephrology practice throughout Europe. Finally, ERA-EDTA is member of the European Kidney Health Alliance (EKHA), a consortium of renal societies that actively interacts with the European Parliament. For more information please visit www.era-edta.org