



# NEWS

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

## **The Worrying Rise of Chronic Kidney Disease due to “Diabesity”**

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The global increase of obesity and type 2 diabetes has reached epidemic proportions. Worldwide, 2.16 billion subjects are overweight or obese and about 382 million people have diabetes, a number that is expected to rise to 592 million by 2035.

Obesity and diabetes – both are often associated with hypertension that also damages the kidneys – are the most common causes of Chronic Kidney Disease (CKD) in adults. No wonder, CKD is one of the three causes of death that have most increased worldwide in the last 20 years. And the frightening thing is: We are only seeing the tip of the iceberg. The immense rise in subjects with diabetes and obesity will probably result in a dramatic rise of patients with end stage renal disease, if no countermeasures (improvement of early detection measures, implementation of preventive strategies) are taken.

The European Renal Association-European Dialysis and Transplant Association (ERA-EDTA) created the DIABESITY Working Group in order to promote research and to validate preventive and therapeutic measures. The overall aim and objective of this initiative is to stop a worldwide lurking CKD epidemic. “This is a great challenge, which calls for a joint effort by nephrologists and politicians. The DIABESITY Working Group will do the necessary research, but for the implementation of preventive strategies we need the help of the governments”, explains Prof. Esteban Porrini, Tenerife, Spain, Secretary of the Working Group.

### **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



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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](http://www.era-edta.org)