



M3 GLOBAL RESEARCH REVIEW

RENAL DISEASE

A SILENT DISEASE

Chronic kidney disease (CKD) has been described as a "silent disease" since it often has no symptoms in the early stages and can go unnoticed until the disease has advanced. The WHO estimates roughly 10% of the population worldwide is affected by chronic kidney disease (CKD)¹, and it was ranked 18th in 2010² on the list of total number of deaths worldwide. In the United States, the overall prevalence of CKD is approximately 14%⁴, and the National Kidney Foundation (NKF) estimates that as many as one-third of adults in the USA are at risk for kidney disease. More people die each year from kidney disease than for breast or prostate cancer.



CKD remains a critical component of worldwide healthcare as renal complications often arise secondary to other chronic diseases - such as obesity, diabetes, high blood pressure, and cardiac disease. CKD is such a high priority there's an annual "World Kidney Day". The 2017 event is the 12th annual WKD, and is scheduled for March 9th, 2017. In the United States, March is "National Kidney Month."

The 2016 WKD event included activities in over 90 countries and focused on children and kidney disease. The theme this year emphasizes the link between obesity and CKD. According to the WHO, almost 2 billion adults are overweight worldwide, and that by 2025, obesity will affect 18% of men and over 21% of women worldwide- hence the effort to emphasize a major contributor to CKD. With early diagnosis, it's possible to prevent CKD, or at least slow / stop the progression to kidney failure - end stage renal disease (ESRD).

The kidneys filter about 200 quarts of fluid every day and maintain a narrow range of blood pressure in the organ separate from the body's own regulatory mechanisms. Long-term uncontrolled high blood pressure in the body damages the kidney's pressure control mechanisms, which eventually can't maintain the range of pressures in the kidney necessary for tubules to filter efficiently — and leads to anatomical damage and disease.

DEMOGRAPHICS

In the past, higher CKD rates were associated with higher income countries, but newer studies identified higher CKD rates now found in low and middle income countries as well. Beyond income variations, the incidence of severe CKD / kidney failure varies greatly by ethnicity. In the USA, African-Americans are 3 times more likely to develop ESRD than Caucasians. Hispanics are about 1.5 times more likely to develop ESRD than non-Hispanics⁴.

ESRD is on a growing trend in most countries. Countries with higher number of patients are the US, Japan, and Brazil. More than 80% of all patients who receive treatment for kidney failure are in affluent countries and have large elderly populations². Over 2 million people worldwide currently receive treatment with dialysis or a kidney transplant to stay alive, yet this may represent only 10% of the people who need treatment to live³. In the US, over 450,000 of the 660,000 Stage 5 kidney failure / ESRD patients are on dialysis, while almost 200,000 live with a functioning kidney transplant.

ESRD treatment costs are a high percentage of healthcare expenditures. In the USA, Medicare spending for patients with CKD exceeded \$50 billion in 2013, 20% of all Medicare spending. Patients with diabetes and comorbid ESRD accounted for more than 30% of total Medicare spending on diabetes. Similar spending was observed in treatment for patients with congestive heart failure and comorbid ESRD -accounting for more than 30% of the Medicare spending on CHF.

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THE COMPLETE NEPHROLOGIST

M3 is active in recruiting for our client's studies in renal diseases. In 2016, **nearly 5,000 physicians who treat renal disease participated in 78 research studies across 14 countries with M3**. Most (45) were online quantitative surveys, 27 were qualitative only projects, and 8 were for both study type activities.

M3 also provides several syndicated services in this sector. The Complete Nephrologist is a syndicated study examining the challenges faced by Nephrologists in their daily practice. Physician Map is a KOL mapping service offered in specific disease areas. Patient Map is a syndicated service that examines patient loads across 400 diseases and includes Nephrology and Primary Care specialties.

1. World KidneyDay:Chronic Kidney Disease, 2015; <http://www.worldkidneyday.org/faqs>
2. Jha V, Garcia-Garcia, Iseki K, et al. Chronic kidney disease* global dimension and perspectives. Lancet. Jul20 2013;382(9888):260-272.
3. Couser W/G, Remuzzi G, Mendis S, Tonelli M. The contribution of chronic kidney disease to the global burden of major noncommunicable diseases. Kidney Int. Dec 2011;80(12):1258-1270.
4. NIH NIDDK: U.S. Renal Data Service 2015 Annual Data Report

Contact us on how to access our robust panel of Nephrologists or for additional information on our syndicated offerings.

PHYSICIANMAP
BY M3 GLOBAL RESEARCH

PATIENTMAP
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COMPLETESERIES
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