

Dialysis is not a death sentence

A leading nephrologist filters out popular myths associated with life on dialysis.

by Dr. Suresh Sankar, a leading Nephrologist and Sr. Vice president of Clinical Affairs, NephroPlus

Kidney failure is no one's fault. It can strike anyone at any age; men, women, and children. Over 2 million people worldwide currently receive treatment with dialysis or a kidney transplant to stay alive, yet this number may only represent 10% of people who need treatment to live.

Chronic Kidney Disease is a significant cause of morbidity and mortality worldwide. A recent WHO study reveals that chronic kidney disease is among the top 10 causes of death globally¹. Other studies also show that over 1,000,000 new patients are diagnosed with end-stage kidney diseases per year. The number of patients attributable to chronic Dialysis is 1.75 lakhs, with 129 per million population².

Living on Dialysis can be challenging. But it's important to remember that Dialysis treatment performs the life-saving job of filtering the body's toxins that their kidneys can no longer do. People receiving this therapy can continue with their lives normally, yet there are many myths about the treatment and what it does to your life.

Many issues demand your attention as you develop a 'New Normal' in your life. Let's filter out some popular myths surrounding life on dialysis.

- **First Myth:** Dialysis is a death sentence.
Fact:
- **Second Myth:** Dialysis is uncommon
Fact:
- **Third Myth:** You can't travel if you are on Dialysis
Fact:
- **Fourth Myth:** You can't eat normal food if you are on Dialysis
Fact:
- **Fifth Myth:** Coping with life on Dialysis is impossible
Fact:
- **Sixth Myth:** You cannot play a sport or exercise while on Dialysis
Fact:

Regardless of what brought you to the point of kidney failure and the need for Dialysis, it would be best if you manage your physical health regularly. Staying healthy and strong will help you cope with

¹ <https://www.who.int/news-room/fact-sheets/detail/the-top-10-causes-of-death>

² <https://kidney360.asnjournals.org/content/1/10/1143>

the stress of Dialysis. Follow a nutritious diet, exercise, and monitor your blood pressure and blood values to stay healthy.

Author's profile:

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Dr. Suresh Sankar is a dually specialized professional combining two decades of Nephrology practice with a decade of clinical leadership experience. A patient-centric practitioner he rigorously applies science to clinical practice within the contours of patient choice and affordability; a strong need in Indian health care. As a clinical leader, he is proficient in improving population health with deft synchrony of management objectives and organizational capabilities. Highly committed to systems improvement he combines able talent management, process improvement, and adept data skills to design, deliver and optimize patient care programs. His knowledge of the context of health care in India, cross-industrial learning, patient expectations, and stakeholder engagement are effective tools to drive focus and momentum of clinical teams. A sound clinical strategist, his collaborative functioning with other divisions ensures superior service delivery.