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Which is the best for my patients?: Introduction

Young-il Jo

Konkuk University Medical Center, Korea

With the gradual increase in life expectancy and the explosive increase in the number of underlying diseases of chronic kidney disease such as diabetes, the number of the end-stage renal disease (ESRD) patients on dialysis is increasing remarkably. While the number of ESRD patients has exploded, the dialysis therapy methods have had significant advancement and development in technology. Unfortunately, despite these technological advancement, the survival rate of patients has not improved significantly. The lifespan of dialysis patients is still shorter than that of general population by more than 10 years, not a few years. Therefore, 'how can we improve the survival rate of dialysis patients' is the concern of all nephrologists. Currently used treatment modalities include conventional hemodialysis, expanded hemodialysis, and online hemodiafiltration. Recently, some research results have been published that online hemodiafiltration, especially high-volume HDF, may improve the survival rate of patients. However, some people have different opinions about the survival benefits of HDFs shown in these studies. In addition, special facilities and equipment are required to implement high-volume HDF, but in the real world, not all dialysis center have these facilities and equipment. In such a reality, it is inevitable to think about what kind of dialysis treatment is best for 'my patient'. In this session, three speakers are invited to discuss which dialysis treatment is best in the real world, given the many realistic limitations.