



RESEARCH ARTICLE

COMPARATIVE STUDY OF AGE AND SEX SPECIFIC DISTRIBUTION AMONGST PATIENTS OF HEMODIALYSIS AND PERITONEAL DIALYSIS.

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ABSTRACT

Worldwide, the incidence of end-stage renal disease (ESRD) in the elderly has risen in the past decades resulting in a rapidly growing number of older patients starting haemodialysis.⁽¹⁻²⁾ The elderly have a higher prevalence of comorbidities that increase the burden of dialysis, and a substantially higher mortality rate compared with younger counterparts.⁽³⁻⁴⁾ ESRD is one of major worldwide wellbeing issues. Although most nephrologists acknowledge that iHD is the least desirable modality, 88% of the prevalent ESKD patient population on dialysis use iHD, and only 11% use PD.⁽⁵⁾ Its predominance is continuously expanding around the world. In ESRD, hemodialysis (HD) and peritoneal dialysis are basically utilized for renal replacement therapy.⁽⁶⁻⁷⁾ **Aim and Objectives:** Comparative study of age and sex specific distribution amongst patients of hemodialysis and peritoneal dialysis. **Materials and Methods:** This Comparative Observational study was conducted on diagnosed patients of end stage renal disease undergoing hemodialysis and peritoneal dialysis in Department of Biochemistry in collaboration with Department of Nephrology MGM Medical College and Hospital, Chh.Sambhajinagar. The study was done between october 2023 and may 2024. **Results and conclusion:** In present study majority cases i.e., 31 (44 %) were from age group 21 to 40 years followed by 24 (34 %) cases from 41 to 60 years. > 60years of age 14 cases (20 %). In the present study, male cases were 44 (62.5%) and female cases were 26 (37.5%). The male-to-female ratio was 1.69:1.

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INTRODUCTION

Worldwide, the incidence of end-stage renal disease (ESRD) in the elderly has risen in the past decades resulting in a rapidly growing number of older patients starting haemodialysis⁽¹⁻²⁾. The ageing phenomenon in the dialysis population is amplified by a more liberal acceptance of older patients on dialysis, better survival of dialysis patients and reduced access to transplantation for elderly patients. The elderly have a higher prevalence of comorbidities that increase the burden of dialysis, and a substantially higher mortality rate compared with younger counterparts^(3,4). In patients with incident ESRD in the US in 2016, the rates of iHD and PD use were 87% and 10%, respectively. Although most nephrologists acknowledge that iHD is the least desirable modality, 88% of the prevalent ESKD patient population on dialysis use iHD, and only 11% use PD.⁽⁵⁾ ESRD is one of major worldwide wellbeing issues. Its predominance is continuously expanding around the world. In ESRD, hemodialysis (HD) and peritoneal dialysis are basically utilized for renal replacement therapy⁽⁶⁻⁷⁾.

AIM AND OBJECTIVES

Comparative study of age and sex specific distribution amongst patients of hemodialysis and peritoneal dialysis.

MATERIALS AND METHODS

ELIGIBILITY CRITERIA

INCLUSION CRITERIA

- Patients more than 18 years old.
- Patients who are dialyzed for 4 hours thrice a week for at least 3 months.

EXCLUSION CRITERIA: The exclusion criteria were length of hemodialysis <2 months, altered thyroid or hepatic functions. This Comparative Observational study was conducted on 70 diagnosed patients of end stage renal disease undergoing hemodialysis and peritoneal dialysis in

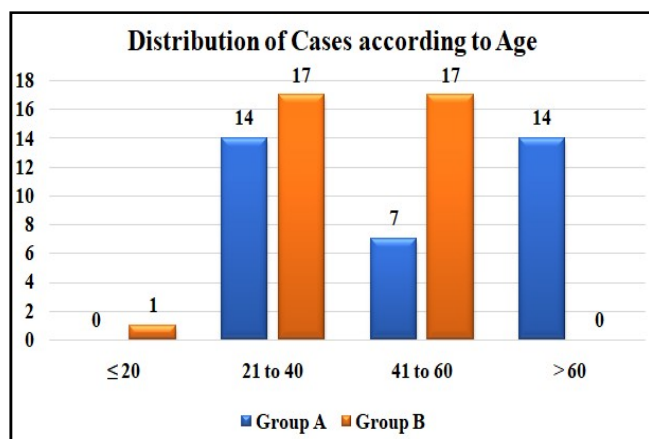
Department of Biochemistry in collaboration with Department of Nephrology MGM Medical College and Hospital, Chh. Sambhajinagar between October 2023 and May 2024. The study was approved by the ethical committee of the MGM Medical College and Hospital, Chh. Sambhajinagar.

OBSERVATION AND RESULTS

As shown in Table1, majority cases i.e., 31 (44 %) were from age group 21 to 40 years followed by 24 (34 %) cases from 41 to 60 years (Graph 1). As shown in Table2, male cases were 44 (62.5 %) and female cases were 26 (37.5 %). Male to female ratio was 1.69:1 (Graph 2)

Table 1. Distribution of Cases according to Age

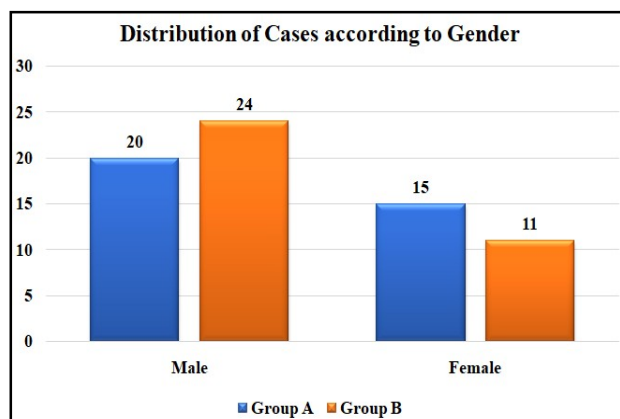
Sr. No.	Age group(Years)	Group A (HD) N (%)	Group B (PD) N(%)	Total N(%)
1	≤20	0 (0 %)	1 (2 %)	1 (2 %)
2	21 to 40	14 (20 %)	17 (24 %)	31 (44 %)
3	41 to60	7 (10 %)	17 (24 %)	24 (34 %)
4	> 60	14 (20 %)	0 (0 %)	14 (20 %)
Total		35(50 %)	35(50 %)	70 (100%)



Graph 1. Distribution of Cases according to Age

Table 2. Distribution of Cases according to Gender

Sr. No.	Gender	Group A (HD) N(%)	Group B (PD) N (%)	Total N (%)
1	Male	20 (28.5 %)	24(34%)	44(62.5%)
2	Female	15(21.5%)	11(16%)	26(37.5%)
Total		35(50 %)	35(50 %)	70(100 %)



Graph 2. Distribution of Cases according to Gender

DISCUSSION

Chronic kidney disease (CKD) is a slowly progressing illness that damages the kidneys.

Prevalence of CKD patients undergoing hemodialysis and peritoneal dialysis: The incidence of ESKD over the last 20 years has increased. According to the United States Renal Data System (USRDS), a national data system around CKD and ESKD in the United States, there were approximately 750,000 patients with prevalent ESKD in the United States in 2017, of which a majority are on dialysis (in-centre hemodialysis (iHD), peritoneal dialysis (PD), or home HD. In patients with incident ESRD in the US in 2016, the rates of iHD and PD use were 87% and 10%, respectively. Although most nephrologists acknowledge that iHD is the least desirable modality, 88% of the prevalent ESKD patient population on dialysis use iHD, and only 11% use PD.⁸

End stage treatment: When a patient reaches stage 5 and their kidney is operating at 15% of its normal capability, end-stage treatment usually starts. It happens when a person adjusts their food, lifestyle, and medications, but their kidneys are still unable to cope with the body's need to eliminate waste and fluid. Because of this, dialysis or a kidney transplant are required for the survival of an individual with end-stage renal illness. When the kidneys are no longer able to remove waste materials and excess fluid from the blood, dialysis is the mechanical process of doing so. A dialyzer, often known as an artificial kidney, is a device that removes blood from a patient's body. Blood is reintroduced into the body through tubes after the trash is filtered out by the machine. This technique can be performed at home; however, it usually takes place in a hospital or dialysis facility.^{9,10,11}

Renal dialysis comes in two primary varieties. They are as follows

Hemodialysis: Hemodialysis is the procedure of evacuating solutes from the body using a semipermeable counterfeit membrane when blood comes into contact with them during extracorporeal circulation. It maintains the liquid and electrolytes in routine homeostasis.¹²

Peritoneal dialysis: Peritoneal dialysis (PD) is important for patients recently requiring RRT due to the conservation of residual renal function (RRF), higher quality of life, and hemodynamic constancy in comparison with hemodialysis (HD).¹³

Age distribution: In present study majority cases i.e., 31 (44 %) were from age group 21 to 40 years followed by 24 (34 %) cases from 41 to 60 years.. Number of cases > 60years of age were 14 (20 %) (Table1,Graph 1). 14 (20 %) cases between age group 21 to 40 were requiring hemodialysis . 17 (24 %) cases between age group 21 to 40 were requiring peritoneal dialysis. (Table1,Graph 1). 7 (10 %) cases between age group 41 to 60 were requiring hemodialysis. 17 (24 %) cases between age group 41 to 60 were requiring peritoneal dialysis. (Table1,Graph 1). 14 (20 %) cases with age group > 60years of age were requiring hemodialysis. No cases were between age group > 60years of age were requiring peritonealdialysis. (Table1,Graph 1).

In a similar study by Y XU, XQ DING *et al.* discovered that the research group's mean age was 58.9 ± 14.3 years, while the mean age of 20 age-matched, healthy control subjects was 56.5 ± 12.7 years. Between the maintenance hemodialysis patients and the healthy control participants, there was no significant difference in terms of age or gender.¹⁴ Anna A. Bonenkamp *et al.* found the mean age of hemodialysis patients to be 62.5 ± 14.0 in their study.¹⁵ Yohan Park *et al.* discovered that 5.7% of patients were under 45 years old, 19.6% were between 45 and 64 years old, 28.2% were between 65 and 74 years old, and 46.5% were above 75 years old.¹⁶ N. van Loon *et al.* discovered that the patients' mean age was 64 years old, with 24% being above 75 years old.¹⁷ Mythri Shankar *et al.* discovered 374 adult patients who were >18 . The mean age for men and women was 46.95 ± 12.65 and 46.63 ± 13.66 years, respectively.¹⁸

Gender distribution

In the present study, male cases were 44 (62.5%) and female cases were 26 (37.5%). The male-to-female ratio was 1.69:1 (Table 2, Graph 2). 20 (28.5 %) Male patients were requiring hemodialysis and 15 (21.5%) female patients were requiring hemodialysis. 24 (34%) Male patients were requiring peritoneal dialysis and 11 (16%) female patients were requiring peritoneal dialysis. In a similar study by Mythri Shankar *et al.*, they found that most of the patients (72.7%) were men.⁽¹⁸⁾ Hannah Beckwith *et al.*, in their study, found 36 out of 54 (65%) were male.⁽¹⁹⁾ Results of our studies are similar to studies of Mythri Shankar *et al.* and Hannah Beckwith *et al.* Jihan Sleiman *et al.*, in their study, found 73% of females and 80% of men. A study conducted in Spain also revealed that 20.8% of females are dialyzed through a catheter, 67.7% through a local AVF, and 11.5% through an AV join vs. 10.8, 81.2, and 8%, respectively, in men. This gender dissimilarity in vascular access might be related to sex differences in the size and quality of vessels, leading to a higher obstruction rate and a higher frequency of infectious complications reported in women.⁽²⁰⁾ In their research, Savannah L. Vogel *et al.* discovered that women were older than men when they started dialysis (60.0 vs. 59.6, $p < 0.001$), that their percentage of black race was higher (33.2 vs. 28.2, $p < 0.001$), and that their underlying cause of ESRD was more likely to be diabetes (50.1 vs. 46.0, $p < 0.001$). Regarding comorbidities, men were shown to be more likely than women to have more than three (15.9 vs. 13.7, $p < 0.001$). Peritoneal dialysis was the first dialysis modality used by 7.9% of women and 7.5% of men in the USRDS population.⁽²¹⁾

- In the present study, the majority cases requiring dialysis, i.e., 31 (44%), were from the age group of 21 to 40 years, followed by 24 (34%), cases from 41 to 60 years (Table 1, Graph 1).
- In the present study, male cases requiring dialysis were 44 (62.5%) and female cases were 26 (37.5%). The male-to-female ratio was 1.69:1 (Table 2, Graph 2).

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