KIDNEY DISEASE AFFECTS WOMEN DIFFERENTLY

- More common in women
- Pregnancy risks
- High rates of depression
- More bone disease
- Higher caregiving burden
- Donate more, transplant less

HAVE HIGHER RISK FOR:

LUPUS

- 9 out of 10 adults with lupus are women, and more than half of people with lupus have kidney problems. It is most common in women 15-44.

URINARY TRACT INFECTIONS

- Women are more likely than men to get UTIs and kidney infections because their urethra is shorter.

Women of color

- 2 to 3x more common
- Earlier onset and more serious symptoms
- Higher likelihood of serious complications including kidney failure

Women and UTIs

- 40-50% of women will have a UTI vs. 10% of men
- Bacteria reaches kidneys more easily with shorter ureters
- Higher risk for pregnant women

PREGNANCY AND KIDNEY DISEASE

It’s harder for women with kidney disease to get pregnant. And pregnancy brings additional challenges:

- Higher filtration rate stresses kidneys
- Babies are typically delivered pre-term
- Babies have a higher risk of death
- Pregnant women with kidney disease are likely to experience

CAREGIVING AND KIDNEY DISEASE

Women are often the primary caregiver for patients with kidney disease and kidney failure:

- An estimated 66% of informal caregivers are female
- They often experience stress, depression, social isolation, financial strains and poor quality of life.
- Female caregivers spend 50% more time on care than men
- Added responsibilities typically include managing patients’

WOMEN AND KIDNEY TRANSPLANTS

Women are more likely to be living kidney donors, yet are far less likely to be kidney transplant recipients:

- In 2017, 63% of living kidney donors were women
- 39% of kidney transplants went to women (37% of living kidney donations)
- 43% of dialysis patients are women, but only 39% of those on the waiting list for a kidney