

## **Renal Transplant is an Established and Successful Treatment for End-Stage renal Failure in Bahrain**

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**Objective:** To evaluate the clinical and cost effective factors involved in the management of end stage renal disease, haemodialysis versus transplantation.

**Design:** Retrospective analysis of 57 patients who underwent renal transplantation for end stage renal disease from February, 1995 to Dec, 1999.

**Setting:** Salmaniya Medical Complex, Bahrain.

**Participants:** 57 Patients on haemodialysis for long period (3-5years) because of end stage renal disease, belonging to age groups 2.5-68 yrs (mean 32 years) including 5 children who received renal transplant.

**Main outcome of Measures:** Renal parameters of creatinine and urea improved in all the cases and even the high risk group showed improvement in the primary illness, and ejection fraction in the case of cardiomyopathy.

**Result:** Renal transplantation was done in 57 patients showed restoration of renal function and active life during the 44 months of follow up.

**Conclusions:** It is estimated that approximately BD 1.3 million ( \$ 4 million) are spent annually on renal failure patients and with the increase in population and the increased incidence of metabolic disorders such as Diabetes, this is likely to reach alarming proportions. Further more the commonly employed method of haemodialysis to treat renal failure is not cost effective and also not free from morbid sequelae. The present study emphatically demonstrates that renal transplantation is a superior modality to combat renal failure.

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