

Press Release

Embargo: The information in this press release is under embargo until the end of the 'Late Breaking Clinical Trial' session, Friday 16 June, 12.00-13.15, where the studies will be presented.

60th European Renal Association Congress: Largest study to investigate the use of haemodiafiltration in chronic kidney disease shows reduction in risk of death

Milan, Italy, Friday 16 June, 2023. New study results from the first international, randomised trial to compare haemodiafiltration (HDF) treatment with haemodialysis (HD) have been presented today during the initial Late Breaking Clinical Trial session at this year's European Renal Association (ERA) Congress in Milan, Italy.

The CONVINCE results, published in the *New England Journal of Medicine*, indicate that the wider use of high dose HDF would have clear benefits for patients living with end-stage chronic kidney disease (CKD). Those treated with high dose HDF were found to have a mortality 23% lower than those treated with high flux HD. Previous studies have failed to conclusively prove that one method is more effective than the other.

During a median follow-up of 30 months, all-cause mortality was 21.9% among those treated with high-flux HD, compared to 17.3% for those treated with high dose HDF. The study included 1,360 participants from 61 centres across eight European countries, making it the largest randomised controlled trial to investigate HDF in this setting.

Professor Peter Blankestijn, Lead Investigator of the CONVINCE study and Nephrologist at Department of Nephrology and Hypertension, University Medical Center (UMC) Utrecht, said: "The CONVINCE study is a potential first step in identifying a new standard of care in chronic kidney disease. The advance of haemodiafiltration technology could change the way we treat specific patients living with chronic kidney disease."

"We are moving to the next stage of evaluation with in-depth analysis of the extensive data on patient-reported outcomes that have been collected already taking place with results expected later this year."

The study has been led by researchers at UMC Utrecht together with collaborators at University College London (UCL), Charité Universitätsmedizin Berlin, University of Bari, The George Institute for Global Health and Imperial College London, along with dialysis providers Fresenius Medical Care, Daavertum and B. Braun Avitum.

Professor Christoph Wanner, ERA President, said: "The ultimate outcome from the CONVINCE study could truly alter the way in which select patients living with chronic kidney disease are treated. Advances of this significance have been limited in kidney failure, so observing a potential step forward is exciting. At this year's Congress, we are extremely proud to witness the presentation of the CONVINCE results, along with a wide range of interesting and impactful data from across the renal community."

It is estimated that 850 million people are affected by CKD across the globe with the expectation that it will become the fifth leading cause of death by 2040 worldwide and

one of the top two causes of death before the end of the century in some European countries.^{i,ii,iii}

Dialysis is a procedure to remove waste products and excess fluid from the blood when the kidneys stop functioning properly. It often involves diverting blood to a machine to be cleaned.^{iv}

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About ERA

With more than 18,000 active members, the ERA is one of the biggest nephrology associations worldwide leading European nephrology, and one of the most important European Medical Associations. It organises annual congresses and other educational and scientific activities. ERA also collects data and performs epidemiological studies through its Registry. The Society supports fellowships and educational/research projects through its committees and working groups. Its publications are NDT, CKJ (Open Access journal), and the online educational portal NEP.

The 60th ERA Congress takes place 15-18 June, 2023, both virtually and live in Milan (Italy).

Website: www.era-online.org

References

i Jager KJ, et al. A single number for advocacy and communication-worldwide more than 850 million individuals have kidney diseases. *Nephrol Dial Transplant*. 2019;34(11):1803-1805

ii Foreman KJ, Marquez N, Dolgert A et al. Forecasting life expectancy, years of life lost, and all-cause and cause-specific mortality for 250 causes of death: reference and alternative scenarios for 2016-40 for 195 countries and territories. *The Lancet* 2018; 392: 2052 – 2090

iii Ortiz A, Sanchez-Niño MD, Crespo-Barrio M et al. The Spanish Society of Nephrology (SENEFRO) commentary to the Spain GBD 2016 report: keeping chronic kidney disease out of sight of health authorities will only magnify the problem. *Nefrologia* 2019; 39 :29 – 34

iv NHS. Dialysis. Available at: <https://www.nhs.uk/conditions/dialysis/> Last accessed: June 2023