

Sex, Gender, and Quality of Life in Hemodialysis

Victoria J. Riehl-Tonn¹, Jennifer M. MacRae¹, Sandra M. Dumanski¹, Meghan J. Elliott¹, Neesh Pannu², Kara Schick-Makaroff², Kelsea Drall², Colleen M. Norris², Louise Pilote³, Hassan Behloul³, Taryn Gantar², Sofia B. Ahmed¹
¹University of Calgary, Calgary, Alberta, Canada; ²University of Alberta, Edmonton, Alberta, Canada; ³McGill University, Montreal, Quebec, Canada

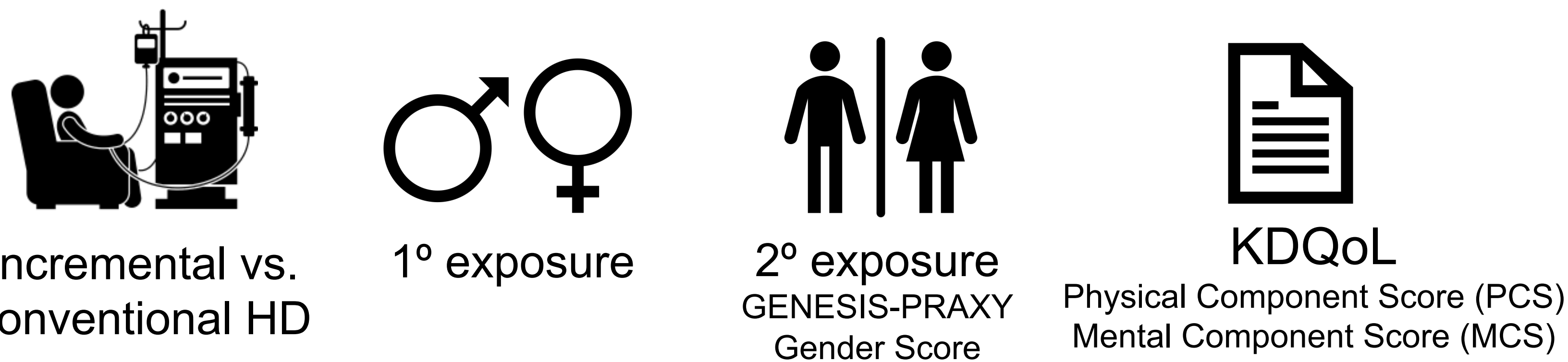
BACKGROUND

- Women on conventional hemodialysis (HD) have a poorer quality of life (QoL) compared to men
- Sex (biology) and gender (sociocultural) differences may contribute to QoL with different doses and frequency of HD

OBJECTIVE

To determine the associations between sex and gender and QoL on incremental (<3 sessions/week) compared to conventional HD (3 sessions/week)

METHODS



RESULTS

Table 1: Baseline demographics by sex and HD type

Characteristics	Total	Female		Male	
		Incremental HD	Conventional HD	Incremental HD	Conventional HD
Participants, n (%)	27	12	15	14	19
Age, yr (50-76)	67 (50-76)	64 (38-74)	67 (59-77)	70 (58-73)	60 (51-71)
eGFR at initiation (mL/min/1.73m ²) (6-9)	7 (6-9)	7 (4.5-8)	8 (6-9)	8 (6-8)	6 (5-9)
24-hr Urine Volume (mL) (750-1160)	880 (750-1160)	1125 (900-1200)	800 (750-880)	530 (300-700)	1000 (900-1350)

BMI, body mass index; CVD, cardiovascular disease; DM, diabetes mellitus; eGFR, glomerular filtration rate; HD, hemodialysis; HTN, hypertension

RESULTS

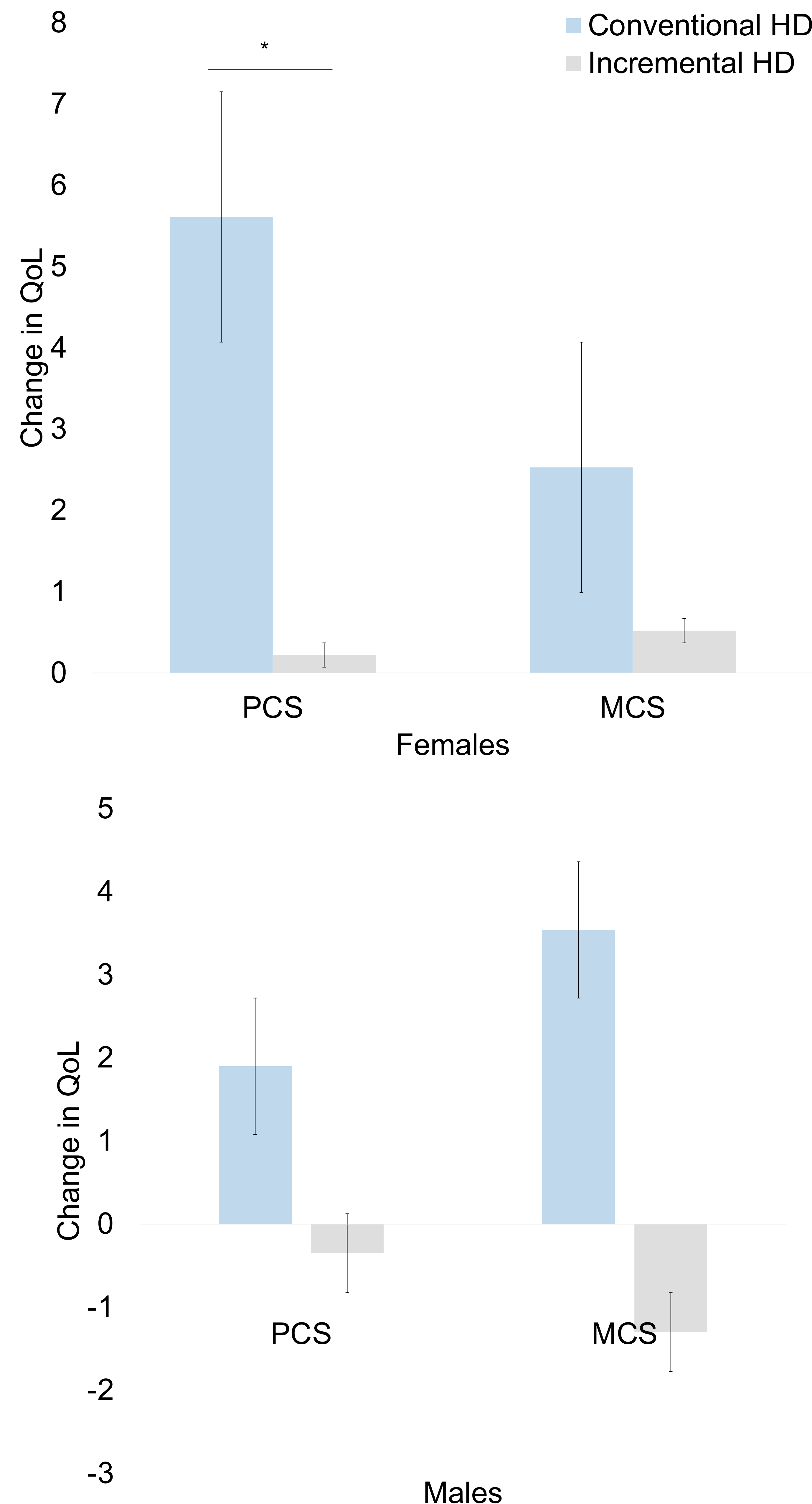


Fig. 1: Change in PCS and MCS score by HD type, by sex

RESULTS

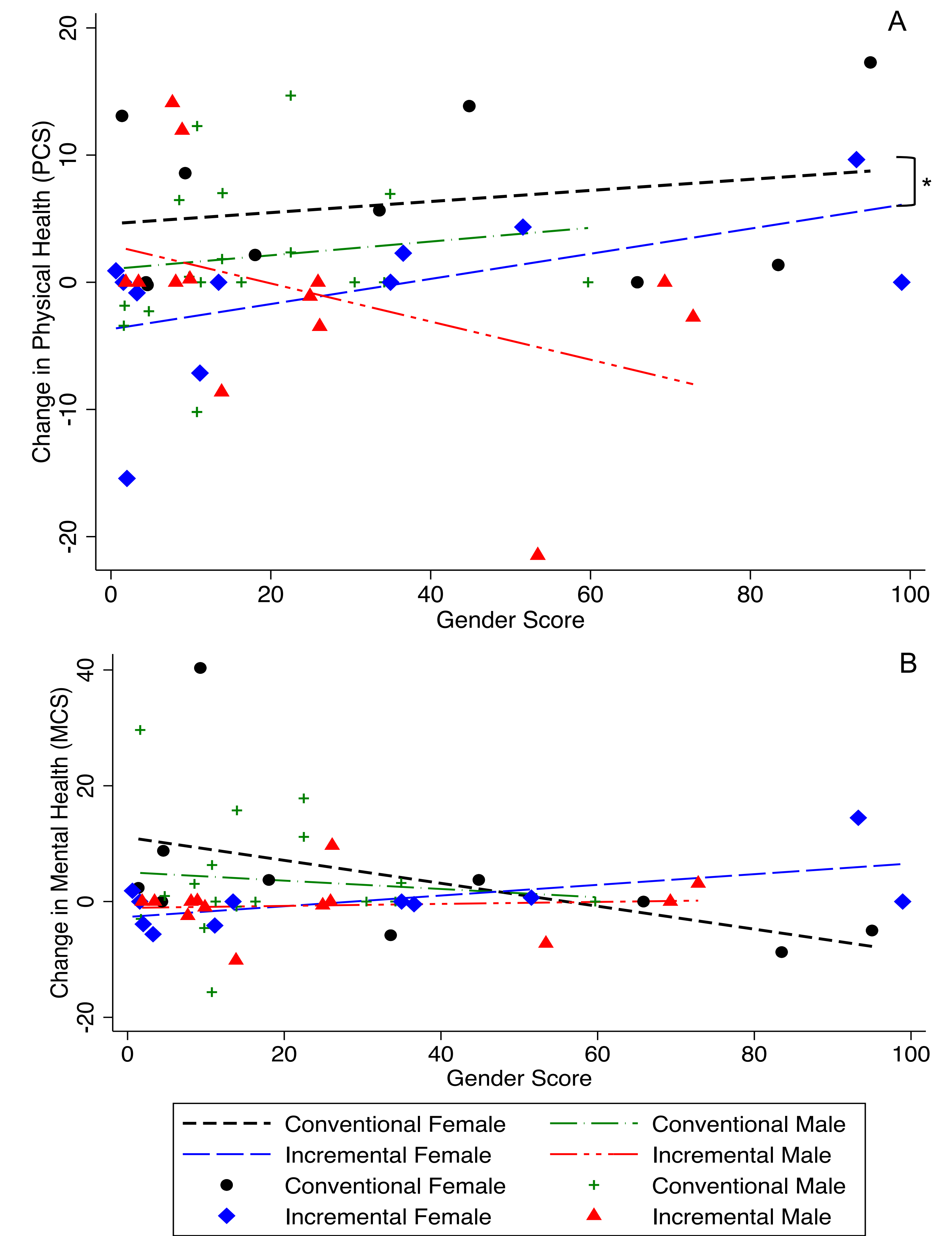


Fig. 2: Physical health (A) and mental health (B) as a function of gender score

CONCLUSIONS

- Females have improved physical health on a higher HD dose
- No difference in QoL were observed in males, irrespective of HD dose
- Overall, gender score was associated with a change in QoL, although HD dose was found to modify the relationship
- Sex and gender are important considerations in QoL on HD