Newsletter

Issue 8 · September 2026

RENAL LIFECYCLE TRIAL

Dear Renal Lifecycle participant,

Thank you for participating! In this newsletter, we would like to update you on the progress of the trial. We will also share an update on characteristics of the participants in the study.

Would you like to share your experiences in this newsletter? Or do you have any questions, comments, or suggestions for the newsletter or the trial? We would be happy to receive them via the following email address: renal.lifecycle.trial@umcg.nl.

Progress update

We are pleased to announce that a total of **1,838 participants** have started medication in the trial at this moment.

We also have news about the **timelines.** All participating hospitals around the world have been informed that new patients can continue to join the trial until **October 1, 2026**. After this date, no new patients will be added. However, everyone already taking part will continue to take their medication and have their regular follow-ups in the study. The exact end date of the trial is not yet known. This is because this is what is called an "endpoint-driven" trial. In an endpoint-driven trial, the study does not end on a fixed calendar date. Instead, it ends when a certain number of important medical events (called "endpoints") have happened among the participants. In this trial, one example of such an endpoint is receiving a kidney transplant. Throughout the study, the research team carefully tracks when these important events occur in participants. Once enough of these events have been recorded, the data can be reliably analysed and the main study questions can be answered.

Because the duration of the study depends on what happens to participants over time, we cannot set a final end date in advance. Based on the number of events we have seen so far, current estimates suggest that the trial will continue for at least one more year. It is important to know that this is only **a prediction**, not a fixed date: the trial may end a little earlier or a little later than this estimate.

'Behind the scenes'

Participants from **102** study sites across **6** countries are taking part

The first participant has now been in the study for **46** months

Participants have been sent **8** newsletters

> 41.000 bottles of study medication have been handed out up to now

That means a total of **>1.435.000** pills have already been distributed to date

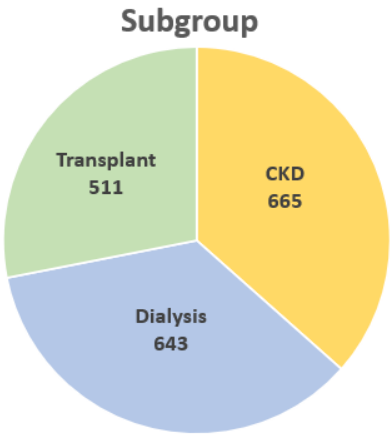
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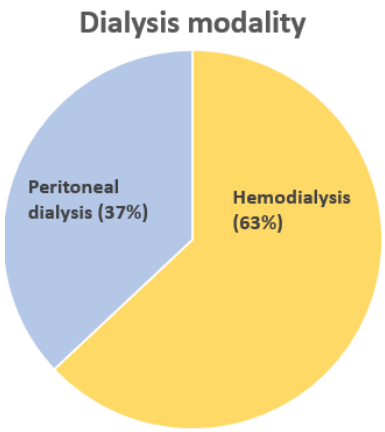
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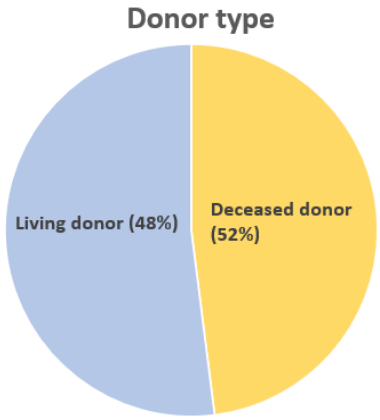
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Update on participant characteristics in the trial

The participants in this study are divided into three subgroups that are currently almost equal in size, with more than 500 people in each subgroup (diagram below on the left). Among patients on chronic dialysis, we distinguish two types: peritoneal dialysis (PD) and hemodialysis (HD). PD is a form of dialysis where blood is filtered by the lining of the abdomen (Peritoneum) using a catheter. PD patients account for about one third of the dialysis patients in this study. HD is a form of dialysis where blood is drawn from the body, filtered through a machine , and returned. HD patients make up the remaining two thirds of the dialysis patients (diagram below in the middle). Another form of kidney replacement therapy is kidney transplantation. In this study, the number of transplants with a kidney from a deceased donor and from a living donor is roughly equal (50/50; diagram below on the right).







Below you can see an overview of the number of participants per country and per subgroup. Most participants come from the Netherlands (yellow). The Netherlands was also the first country to start the trial and currently has the largest number of participating centres (more than 40). In total, 1028 patients are taking part in the Netherlands. Germany (blue) has 301 participants, Australia (green) has 258 participants, Belgium (orange) has 86 participants, Spain (dark blue) has 80 participants and Singapore (dark green) has 66 randomized participants in total.

