



October 25, 2016

NxStage Announces Publication of Journal Supplement with Major Clinical Reviews Supporting More Frequent Hemodialysis Therapy

Collection of clinical reviews in the American Journal of Kidney Diseases provides powerful resource for physicians to improve the health and well-being of dialysis patients

LAWRENCE, Mass., Oct. 25, 2016 /PRNewswire/ -- NxStage Medical, Inc. (Nasdaq: NXTM), [a leading medical technology company focused on advancing renal care](#), today announced that six comprehensive clinical reviews describing the benefits of more frequent hemodialysis were published in the [American Journal of Kidney Diseases \(AJKD\)](#).



The research highlights the benefits of more frequent hemodialysis (typically performed at home) versus conventional in-center hemodialysis, including:

- | Less stress on the heart, particularly through regression of left ventricular hypertrophy, an important cardiovascular risk factor;
- | Likely lower risks of cardiovascular morbidity and mortality;
- | Lower blood pressure with fewer antihypertensive medications;
- | Lower phosphorus with fewer phosphate binders;
- | Improved physical health-related quality of life; and,
- | Fewer symptoms of treatment, including intradialytic hypotension and post-dialysis fatigue.

"The fundamental limitation of conventional hemodialysis is the difficulty in managing fluid volume and blood pressure. Numerous studies during the past 15 years, culminating with extensive evidence gathered from the Frequent Hemodialysis Network trials, indicate that more frequent hemodialysis can improve volume control and positively address key cardiovascular risk factors," said Dr. Allan J. Collins, NxStage senior medical advisor and professor of medicine at the University of Minnesota. "Just as importantly, more frequent hemodialysis can improve patient-reported quality of life and appears to dramatically reduce post-dialysis recovery time, a major stressor on day-to-day living. Wider application of more frequent hemodialysis has the potential to improve the health and well-being of dialysis patients."

"We believe this publication is a powerful resource for the renal care community," stated Joseph Turk, president of NxStage. "Physicians can use this wealth of data to deepen and broaden their understanding of more frequent hemodialysis to better inform their decisions and help their patients lead longer and healthier lives."

Currently, over 95% percent of hemodialysis patients in the U.S. receive treatment three times per week, despite overwhelming evidence of clinical and lifestyle benefits for patients on more frequent hemodialysis. The NxStage® System One™ is a simple, flexible and portable hemodialysis system that provides a wide range of dialysis therapy options, including home, more frequent and nocturnal dialysis. Visit www.nxstage.com for more information on therapy options with the System One.

The clinical reviews can be viewed in their entirety at no cost by visiting [American Journal of Kidney Diseases](#).

Despite the health benefits that home hemodialysis may provide to those with chronic kidney disease, this form of therapy is not for everyone. The reported benefits of home hemodialysis may not be experienced by all patients. The risks associated with hemodialysis treatments in any environment include, but are not limited to, high blood pressure, fluid overload, low

blood pressure, heart-related issues, and vascular access complications. The medical devices used in hemodialysis therapies may add additional risks including air entering the bloodstream and blood loss due to clotting or accidental disconnection of the blood tubing set. Certain risks are unique to the home. Treatments at home are done without the presence of medical personnel and on-site technical support. Patients and their partners must be trained on what to do and how to get medical or technical help if needed.

About the NxStage System One

The NxStage System One is the first and only truly portable hemodialysis system cleared specifically by the FDA for home hemodialysis and home nocturnal hemodialysis. Its simplicity and revolutionary size (just over a foot tall) are intended to allow convenient use in patients' homes and give patients the freedom to travel with their therapy. When combined with the NxStage PureFlow SL Dialysis Preparation System, patients are able to further simplify, using ordinary tap water to create dialysis fluid on demand. Unlike conventional hemodialysis systems, the System One requires no special infrastructure to operate. Under the guidance of their physician, patients can use the NxStage System One, with their trained partners, where, how and when it best meets their needs, including while they are sleeping - at home or on vacation and at a medically appropriate treatment frequency. In addition, NxStage's Nx2me Connected Health platform collects important NxStage System One and patient information for flexible viewing, monitoring and reporting that may improve patient management and patient retention, as well as simplify alternative site care. <http://www.nxstage.com/>.

About NxStage Medical

NxStage Medical, Inc. (Nasdaq: [NXTM](#)) is a leading medical technology company, headquartered in Lawrence, Massachusetts, USA, that develops, manufactures and markets innovative products for the treatment of end-stage renal disease (ESRD) and acute kidney failure. NxStage also has established a small number of dialysis clinics committed to the development of innovative care delivery models for patients with ESRD. For more information on NxStage and its products and services, please visit the Company's websites at www.nxstage.com and www.nxstagekidneycare.com.

Forward-Looking Statements

This release contains "forward-looking statements" within the meaning of the Private Securities Litigation Reform Act of 1995. All statements contained in this release that are not clearly historical in nature are forward-looking, and the words "anticipate," "believe," "expect," "estimate," "plan," and similar expressions are generally intended to identify forward-looking statements. Actual results may differ materially from those indicated by these forward-looking statements as a result of various important factors including those that are discussed in NxStage's filings with the Securities and Exchange Commission, including its Quarterly Report on Form 10-Q for the quarter ended June 30, 2016. NxStage is under no obligation to (and expressly disclaims any such obligation to) update or alter its forward-looking statements, whether as a result of new information, future events or otherwise.

Media contact:

Kristen K. Sheppard, Esq.

ksheppard@nxstage.com

Tel: (978) 332-5923

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