



SIGNS AND SYMPTOMS CHECKLIST

TAKE A MOMENT NOW TO HELP RECOGNIZE AND MANAGE ADPKD

Review the common signs of ADPKD in the list below that may apply to you and share with your healthcare provider. This is not a diagnosis. It's simply a tool to help you have a discussion with a healthcare provider.

ADPKD, or autosomal dominant polycystic kidney disease, affects 9 out of 10 people with PKD. Some people with ADPKD who experience symptoms early are at risk for accelerated disease progression.

Family history

A child who has a parent with ADPKD has a 50% chance of getting ADPKD. You also could be at risk for ADPKD if:

- You have a family history of kidney failure
- Other family members have had kidney disease
- You have a family member who has had dialysis or a kidney transplant

High blood pressure

Also known as hypertension, high blood pressure is one of the first signs of ADPKD. It affects around 70% of patients with ADPKD. Most people aren't aware they have high blood pressure until their doctor tells them.

Blood and protein in your urine

Also known as hematuria and proteinuria, blood and protein in the urine can be signs of ADPKD. About 60% of people diagnosed with ADPKD experience blood in the urine.

Pain in your back or side

As cysts grow, your kidneys get bigger. This often causes pain in the back and sides.

Frequent urinary tract infections

The urinary tract includes the kidneys, the bladder, the tubes that connect the kidneys to the bladder (ureters), and the urethra, which is the tube that allows urine to exit from the bladder. Patients with ADPKD may experience frequent urinary tract infections.

Although there is no cure, it's important to know the signs and symptoms of ADPKD to understand disease progression. The time to manage ADPKD is now. The sooner you know how fast your disease is progressing, the sooner you and your healthcare provider can decide on a plan for taking care of your kidneys.