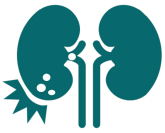
American Kidney Fund®

Polycystic Kidney Disease

ANSWERS TO 8 COMMON PKD QUESTIONS

1. What is PKD?

PKD is a genetic disease affecting about 600,000 people in the U.S. PKD causes cysts to grow in your kidneys. It also causes chronic kidney disease, which can lead to kidney failure. PKD causes 2% of new kidney failure cases in the U.S. each year.



2. Who can get PKD?

PKD does not discriminate. PKD can affect anyone, regardless of gender, race, nationality or ethnicity. People who have PKD are born with it. Because it is a genetic disease, it is usually passed down through family and multiple members of one family can be affected.

3. What are the types of PKD?

There are two types of PKD:

1. Autosomal dominant PKD (ADPKD)
   About 90% of people with PKD have ADPKD.

2. Autosomal recessive PKD (ARPKD)
   About 10% of people with PKD have ARPKD.

4. What is ADPKD?

ADPKD is the most common inherited kidney disease and it is the fourth leading cause of kidney failure in the U.S. Children whose parent(s) have ADPKD have a 50% chance of also having it. Only about 10% of ADPKD cases happen in patients who have no prior family history.

5. What are ADPKD symptoms?

Healthy kidneys are the about the size of a fist. Cysts can cause ADPKD kidneys to grow to the size of a football and be heavier than healthy kidneys, weighing up to 30 pounds each. ADPKD is often called "adult PKD" because patients may not notice symptoms of kidney disease until adulthood.

6. What is ARPKD?

ARPKD is rarer than ADPKD. 1 in 20,000 children have it. Of children born to parents with ARPKD, 25% have it, 50% do not have it but are carriers for it, and 25% neither have it nor are carriers for it. ARPKD is often called "infantile PKD" because it can be detected as early as 8 weeks into a pregnancy and it can cause death within the first month of a baby's life. 70% of newborns survive. Thanks to medical advances, chances of survival after the newborn phase are good– 85% of children with ARPKD survive until age 10.

7. What are ARPKD symptoms?

Like ADPKD, cysts cause the kidneys to grow to an unusually large size in people with ARPKD. Children with ARPKD can have severe liver problems and underdeveloped lungs due to their large kidneys caused by ARPKD. ARPKD can impact blood pressure, the chemical balance of blood, growth and nutrition, all of which need to be managed for life, once a newborn's health is stabilized. About 33% of ARPKD children need a kidney transplant or dialysis by age 10.

8. How can I recognize PKD?

#PKDAwarenessDay is September 4. Join the American Kidney Fund and other organizations in calling attention to PKD and recognizing the patients who are fighting it. You can share this infographic and other facts about PKD on social media. Don't forget to use the hashtag in your posts!

Sources: American Kidney Fund, PKD Foundation, National Institutes of Health

KidneyFund.org