

# Early to mid-stage PKD

DOING ALL WE CAN TO PROLONG THE LIFE OF THE KIDNEYS

## What the patient should know

By being educated about PKD and proactive, I have a large degree of control over my health outcome.

- ❑ Do I know and can I understand my labs and blood pressure readings?  
*resources.pkdcure.org/resources/understanding-lab-results*
- ❑ Am I taking my medications as prescribed and am I experiencing any side effects?
- ❑ What has changed since my last visit?
- ❑ Is my lifestyle (diet, exercise, etc.) appropriate for my stage of PKD?
- ❑ What other health professionals have I seen since my last visit?
- ❑ Where am I on the PKD continuum?
- ❑ What can I expect in the coming months to a year?
- ❑ Are there clinical trials I may be eligible for at this time?  
*clinicalstudies.pkdcure.org*

## What the doctor should address

Focus on slowing progression, managing complications of GFR decline, manage or referral for other issues.

- ❑ Supportive care and general health measures **VERY IMPORTANT**  
*Manage hypertension • Low intake of caffeine • Maintain a high water intake of approximately two to three liters per day in the appropriate patient*
- ❑ Consider measures to reduce progression including mild protein restriction 0.8 gm/kg body weight, and salt restriction
- ❑ Refer to kidney disease dietitian
- ❑ Manage complications of reduced GFR
- ❑ Consider tolvaptan in patients at risk of rapid progression; discuss risk and benefit
- ❑ Refer for appropriate clinical trial
- ❑ Manage or refer for extrarenal complications of ADPKD
- ❑ Planning with extended family for future living kidney donation

Remember that you have the power to get optimal care in partnership with your healthcare team so you can live your best, healthiest life with PKD.