

If you are a young adult with PKD

You may be able to extend the life of your kidneys by 15 to 20 years.



There are many ways to slow the progression of Polycystic Kidney Disease.

If you have Polycystic Kidney Disease, you may have been told there is nothing to do but get on a donor list. **But you don't need to wait for kidney failure.** There are ways you can prolong the health of your kidneys and slow the progression of the disease, so you can delay or avoid kidney failure.

You may already know about staying hydrated and following a low-sodium diet. There are also medications, nutritional interventions, and lifestyle changes you can use to slow the progression of PKD. This includes limiting sugar and oxalate, following a ketogenic diet, choosing the right pain medication and even taking FDA-approved medication including Tolvaptan.

Talk to a nephrologist and renal dietitian that specialize in PKD about these measures and more ways to preserve your kidneys' health and function.

Scan here to learn more about slowing the progression (STP) of PKD



pkDO is committed to providing families that are impacted by PKD with resources and information to help you keep your kidneys healthy longer.

Learn more at www.pkdo.org/STP

See reverse side to learn more about how to slow the progression of PKD now

If you have PKD

There is more you can do to slow the progression of the disease and prolong the health of your kidneys.



Medication

Tolvaptan (brand name Jynarque®) is an FDA-approved treatment to help slow the progression of ADPKD.

Nutrition

Limit Sugar. Kidney cysts love sugar. Avoid added sugar in foods like sodas and pastries. Avoid high fructose corn syrup and artificial sweeteners. A natural sweetener like stevia or monk fruit can be a healthier option.

Ketogenic diet with plant-based focus. A low-carb diet, otherwise known as ketogenic metabolic therapy, may help slow the growth of cysts. Swapping a few meals of animal proteins with plant-based proteins can also help lower the risk of crystals and kidney stones.

Reduce oxalates. Oxalates are kidney stressors found in certain plant foods. Examples of foods that are high in oxalates include almonds, spinach, beets, and chocolate. It may help to limit these in your diet.

Lifestyle

Hydration helps. Drinking water throughout the day decreases the secretion of ADH (also known as vasopressin), the hormone that tells cysts to grow. Up to 96 ounces is recommended for most people, depending on their stage of kidney disease.

Pain relief the right way. Certain over the counter pain medications should be avoided as they can put added stress on the kidneys. These include Advil®, Aleve®, and Motrin®.



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Scan here to learn more about slowing the progression of PKD. And talk to your nephrologist about ways to preserve your kidneys' health and function.