

# Autosomal Dominant Polycystic Kidney Disease (ADPKD)

There are many causes of kidney disease. One of them is a genetic (runs in families) disease called polycystic kidney disease (PKD).

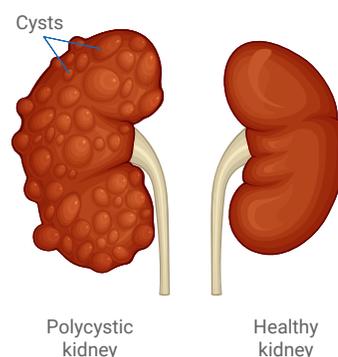
Learn about ADPKD, the most common type of PKD, and how to find out if you have it.

## What is ADPKD?

ADPKD is a type of PKD that causes many cysts to grow in the kidneys. It can lead to kidney failure, which is when your kidneys are no longer able to remove waste from your body. About half of people with PKD (50%) will have kidney failure by age 60.

## What are cysts?

Cysts are fluid-filled sacs. If you have ADPKD, many cysts grow inside of your kidneys. These cysts make the kidneys larger than normal and damage kidney tissue.



## What causes ADPKD?

ADPKD is passed down from a parent with ADPKD to their child.

- You only need to have one parent with ADPKD to be born with the disease.
- If just one parent has ADPKD, there is a 50% chance that each child will have it.

### Parents



Doesn't have ADPKD



Has ADPKD

### Children



Doesn't have ADPKD



Has ADPKD

## What are the symptoms of ADPKD?

Symptoms of ADPKD usually start when you're between 30 and 50 years old.

The most common symptoms are:



**Pain in your back and sides**



**Headaches**



**Blood in your urine (pee)**



**High blood pressure**

Sometimes, you may also have:



**Urinary tract infections (UTIs)**



**Kidney stones**

If you have any of these symptoms,  
**talk to your doctor.**

## How can I find out if I have ADPKD?

Your doctor can do these tests to find out if you have ADPKD:

- Imaging tests, such as CT scans, MRI scans, and ultrasounds to look for cysts in your kidneys
- Genetic tests using a sample of your blood or saliva (spit)

These tests can tell your doctor if you have ADPKD. The sooner you learn if you have ADPKD, the sooner you can take steps to help keep your kidneys working longer.

## What should I do if I find out I have ADPKD?

There is no cure for ADPKD. But research has found new ways to take care of ADPKD that can slow kidney damage and delay kidney failure. You may be able to take steps to slow the growth of cysts and help keep your kidneys working. This can help delay the need for dialysis or a transplant.



There may be other ways to treat your ADPKD symptoms too. That's why it's important to talk with your doctor about how to care for your ADPKD.

**>>> Learn more**

Visit [KidneyFund.org/ADPKD](https://www.kidneyfund.org/ADPKD)

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