

“How should I talk to my family about ADPKD?”



ADPKD can cause stress and uncertainty for families, particularly since it is an inherited condition. Having a conversation with your family may help reduce their fears and tensions, giving them the opportunity to learn about the condition and what's going on with you.



Here are some tips on how to include your family in the conversation:

- Explain to your family members that if you have this disease, they might too. Suggest that they also get screened
- Reaffirm to your family that early screening and diagnosis may make it possible for you to continue leading an active, productive life for longer
- Encourage your children and loved ones to ask questions and share their feelings
- Consider including your loved ones in conversations with your doctor

You are not alone. Discuss your daily struggles and triumphs with the people you trust. Watch and learn about the disease from people living with ADPKD; visit ADPKDquestions.com/ambassadorvideos.

For more information, visit ADPKDquestions.com.

ADPKD=autosomal dominant polycystic kidney disease.