

Let's Talk About PKD

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Living with a chronic, invisible illness is hard! But, you are not alone.

It is important for our own mental and emotional health to be well supported when living with chronic illness. Chronic illnesses can affect many aspects of our lives and are often unspoken. Sometimes we can even consider these losses.

- › **WHEN YOU SHARE DETAILS** about your PKD with family and friends is your choice! You choose the when, where, how, and what.
- › **MAKE A PLAN YOU SHARE DETAILS** and have realistic expectations - expect the unexpected.
- › **IT'S OKAY** to set boundaries.
- › **TELL LOVED ONES WHAT YOU NEED.** Be specific. What are the best ways they can support you?
- › **AN OUTSIDE PERSPECTIVE** can be helpful. Seek support from a counselor, mentor, or support groups.



LEARN MORE
pkdcure.org/what-is-pkd