



# ADPKD & You

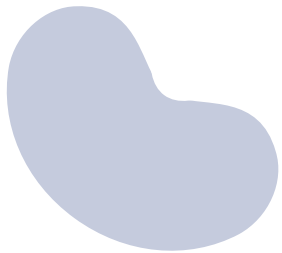
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**Learn more about autosomal dominant polycystic kidney disease (ADPKD)**

# What is ADPKD?

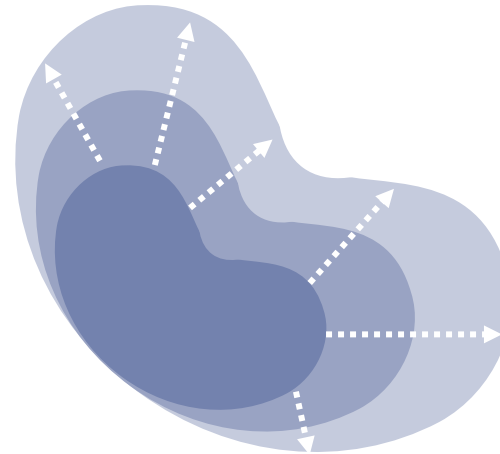
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ADPKD is short for autosomal dominant polycystic kidney disease. This condition causes many fluid-filled sacs, called cysts, to grow, replacing the working parts of your kidneys.



## Healthy kidneys

remove waste products and excess liquid from your blood. They also make hormones your body needs to control blood pressure and make new red blood cells

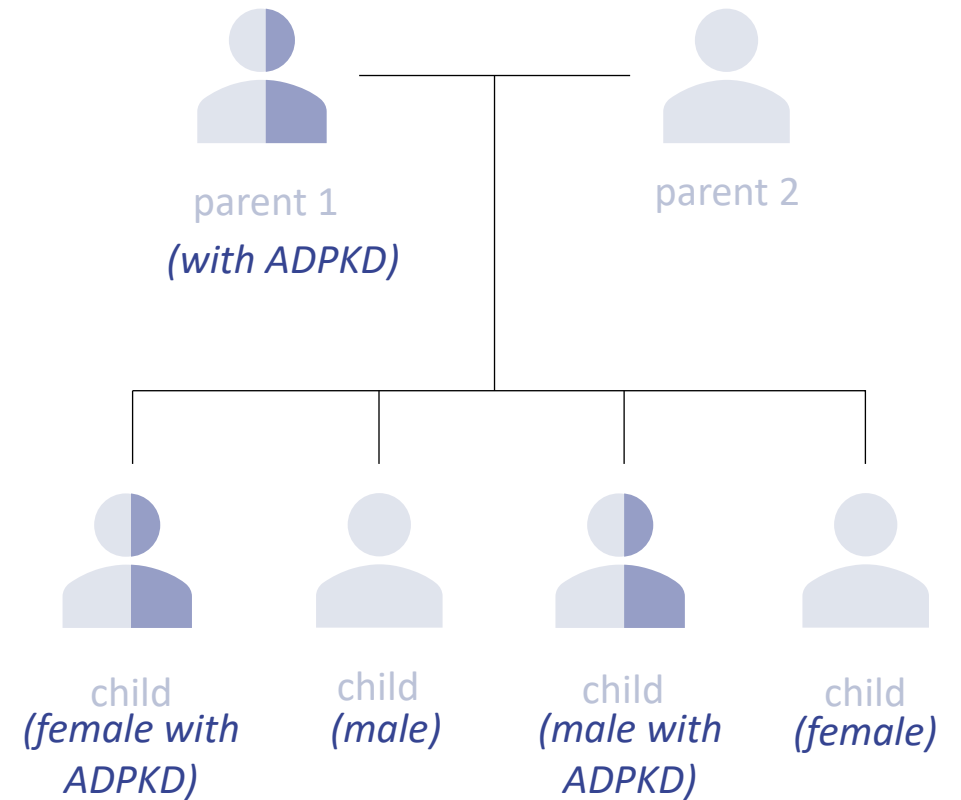


## With ADPKD

Kidneys become larger and filled with cysts. The parts of the kidney don't work as well as they should. As the cysts crowd out healthy tissue, your kidneys may fail.

# What causes ADPKD?

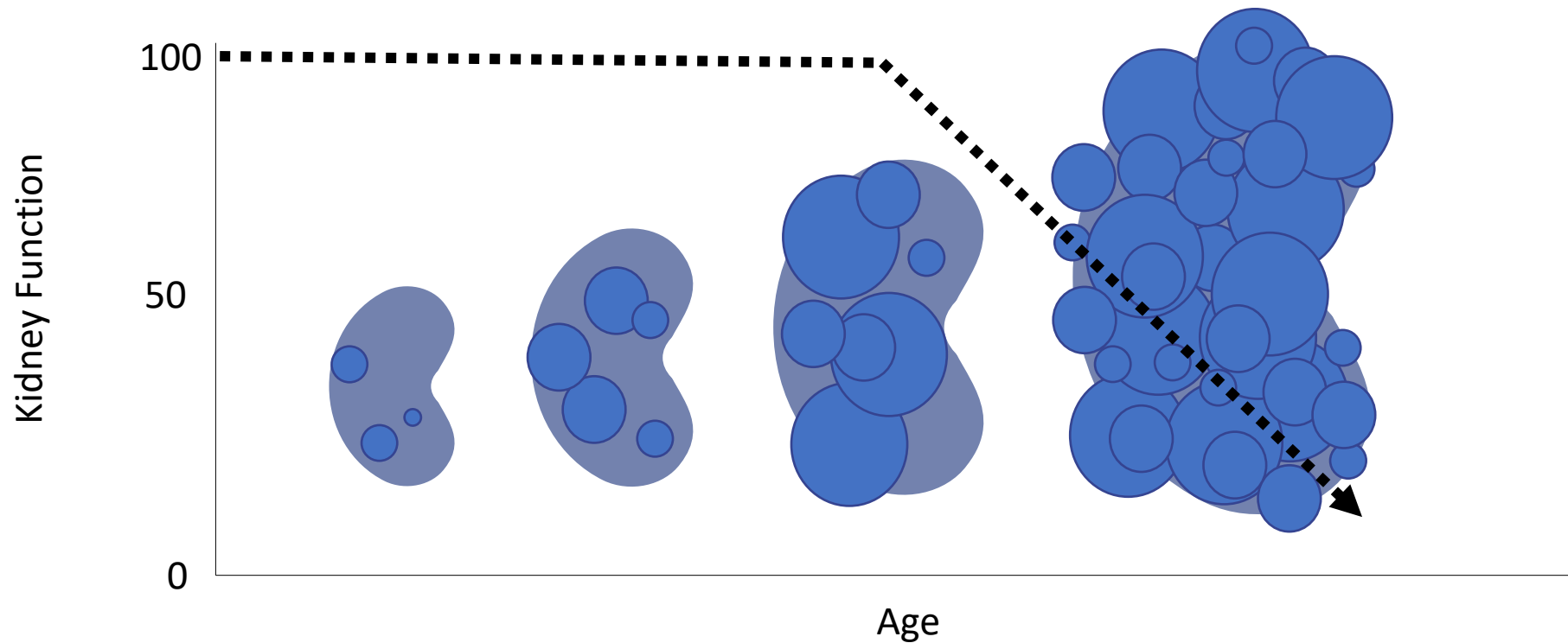
- Genes are the basic units of heredity that give every cell in your body instructions for making proteins, the building blocks for growth and repair. When a gene has a mutation, the protein made by that gene may not function properly. In the case of ADPKD, there are 2 mutated genes (*PKD1* and *PKD2*) that can cause the condition. Because these are “dominant” genes, if you inherit either one of them from either one of your parents, the disease will eventually manifest as you get older
- In about 5% of cases, the genetic mutation happens spontaneously –the exact cause is as yet unknown



*ADPKD is a genetic condition. That means in most cases, you inherited it from 1 of your parents.*

# Living with ADPKD

- **ADPKD is a progressive disease. That means the disease gets worse over time.** As the years pass, the size and number of cysts increase and your kidneys get larger. As the damage gets worse, your kidneys work hard to make up for it. That's why for many people, the disease may progress slowly. However, ADPKD results in permanent kidney failure for nearly half of all people with the disease by age 60.



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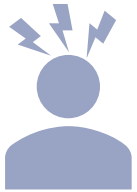
Treatment

# What are the signs and symptoms of ADPKD?

You might notice signs and symptoms but not know they're from ADPKD. That's because this disease also affects other parts of the body. Eventually, you may experience, notice, or be treated for:



- Pain in your back or side (between the hips and ribs)
  - Pain can be linked to kidney size. Some people feel pain early. But for others, the kidneys might grow for a while before they feel pain

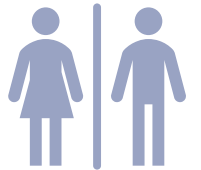
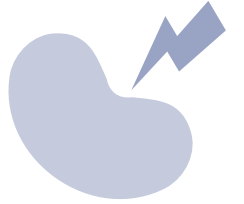


- Headaches
- High blood pressure



- Enlarged kidneys
- Blood in your urine

- Cysts that rupture or become infected
- Kidney stones
- Frequent urinary tract infections (UTIs)



*People with ADPKD often do not experience signs and symptoms for years, which is why it can be hard to diagnose*

# What are the complications of ADPKD?

## ADPKD may cause other health complications

**Kidney failure is a common complication of ADPKD.** Talk to your doctor right away if you notice any of these symptoms, as they could be signs of kidney failure:

- Swelling, usually in the legs, feet or ankles
- Tiredness or sleep problems
- Itchy or dry skin
- Loss of appetite
- Nausea or vomiting
- Trouble concentrating
- Muscle cramps
- Shortness of breath
- Chest pain

## ADPKD can lead to other health problems apart from your kidneys, including:

- Cysts on other organs (liver, pancreas, spleen)
- Hernias in the abdomen
- Diverticulitis (an infection in the colon)
- Some heart problems
- Brain aneurysms (bulging blood vessels)

# Monitoring your condition

*Because ADPKD progresses over time, it's important to keep track of your condition.*

- 1. See your healthcare team regularly.** Talking to your doctors, nurses, and pharmacist is a good way to get more information, and regular appointments will help them keep track of your condition.
- 2. Get tested regularly.** Your doctors will tell you what tests you should have, and how often. These may include
  - Blood pressure
  - Imaging tests
  - Blood and urine tests to show how well your kidney is performing
  - Other tests for heart, brain, or other complications, depending on your family history



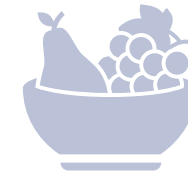
# Day-to-day with ADAPKD

For most people with ADPKD, a good blood pressure target is less than 140/90 mmHg, when it's measured at your doctor's office. If you don't know what **your** target is, talk to your doctor.

Besides keeping track of your condition with tests, there are several other things you can consider to help manage your ADPKD.

1. **Reduce the amount of salt you eat**
2. **Drink plenty of water.** Ask your doctor how much you need.
3. **Eat a healthy diet** of fruits, vegetables, and low-fat dairy; eat protein in moderation.
4. **If you smoke, quit.**
5. **Get regular physical activity** like biking, swimming, or walking.
6. **Drink alcohol only in moderation**

*If you're thinking of having children, talk to your doctor. He or she can help you assess the risks of pregnancy...and help you manage those risks.*





# Management of ADPKD

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There is no cure for ADPKD. But your doctor may suggest ways to help you manage some of its symptoms.

## Prescription medicine

There is an FDA-approved prescription medicine available for ADPKD. You and your doctor will need to discuss if this treatment option may be right for you.



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# JYNARQUE™ (tolvaptan) – The first and only FDA-approved treatment proven to slow kidney function decline in adults with rapidly progressing ADPKD

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Jynarque is a treatment for adults who are at risk of rapidly progressing ADPKD, and may help change the course of your disease. Your doctor will determine if Jynarque is an appropriate treatment for you.

[Visit JYNARQUE.com to learn more about JYNARQUE](https://www.jynarque.com)

## INDICATION:

### What is JYNARQUE?

Jynarque is a prescription medicine used to slow kidney function decline in adults who are at risk for rapidly progressing autosomal dominant polycystic kidney disease (ADPKD). It is not known if JYNARQUE is safe and effective in children.

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## IMPORTANT SAFETY INFORMATION:

**Serious liver problems.** JYNARQUE can cause serious liver problems that can lead to the need for a liver transplant or can lead to death. Stop taking JYNARQUE and call your healthcare provider right away if you get any of the following symptoms:

- feeling tired
- loss of appetite
- nausea
- right upper stomach (abdomen) pain or tenderness
- vomiting
- fever
- rash
- itching
- yellowing of the skin and white part of the eye (jaundice)
- dark urine

Please read [IMPORTANT SAFETY INFORMATION](#), including **BOXED WARNING**, and [MEDICATION GUIDE](#) throughout.

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# About JYNARQUE™ (tolvaptan)

## How should I take JYNARQUE?

Take JYNARQUE orally 2 times each day. Take the first dose of JYNARQUE when you wake up and take the second dose 8 hours later.

Take JYNARQUE exactly as your healthcare provider tells you to.

Be sure to drink enough water so that you will not get thirsty or become dehydrated.



## What are the most common effects of JYNARQUE?

The most common side effects of JYNARQUE include:

- Thirst and drinking more fluid than normal
- Making large amounts of urine, urinating often and urinating at night

These side effects are related to how JYNARQUE works in the kidneys

# About JYNARQUE™ (tolvaptan)

## IMPORTANT SAFETY INFORMATION (cont'd):

**Tell your healthcare provider about all the medicines you take**, including prescription medicines, over-the-counter medicines, vitamins, and herbal supplements.

- Taking JYNARQUE with certain medicines could cause you to have too much tolvaptan in your blood. JYNARQUE should not be taken with certain medications. Your healthcare provider can tell you if it is safe to take JYNARQUE with other medicines.
- Do not start taking a new medicine without talking to your healthcare provider.

## What should you avoid while taking JYNARQUE?

Do not drink grapefruit juice during treatment with Jynarque. This could cause you to have too much tolvaptan in your blood.

The **most common side effects** of Jynarque are:

- Thirst and increased fluid intake
- Making large amounts of urine, urinating often, and urinating at night

These are not all the possible side effects of Jynarque



Please read [IMPORTANT SAFETY INFORMATION](#), including **BOXED WARNING**, and [MEDICATION GUIDE](#) throughout.

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