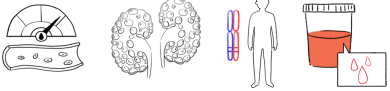


# Illustration

**Scene 1**

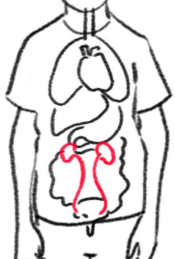
Autosomal Recessive Polycystic Kidney Disease (ARPKD) for children



**Scene 2**

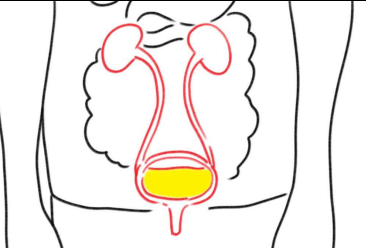
What do our kidneys do?

**Scene 3**



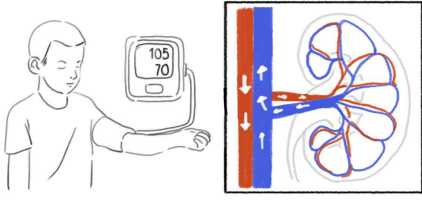
**VO:** Our kidneys do lots of important things in our body

**Scene 4**



**VO:** apart from making urine or 'wee' to get rid of waste so we don't get poorly

**Scene 5**



**VO:** they keep our blood pressure in the right range

**Scene 6**

What is 'polycystic kidney disease'?

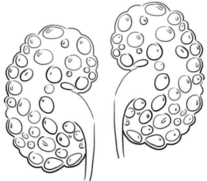
**Scene 7**

Polycystic 'lots' 'holes'

**VO:** Poly means 'lots', cystic means 'holes'.  
**Anim:** animate to underline poly and then arrow to 'lots' and then underline cystic then arrow 'holes'

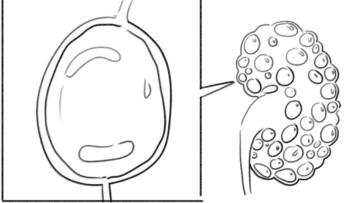
**Scene 8**

Polycystic 'lots' 'holes'



**VO:** polycystic kidney disease (or PKD) is unusual. The kidneys get lots of small cysts or "holes" in them.

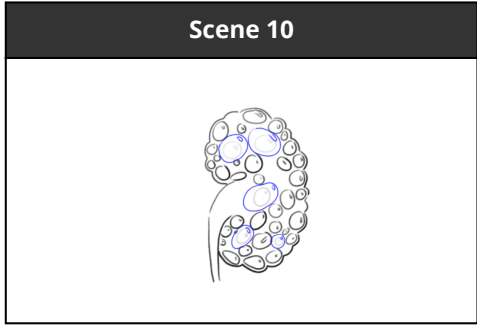
**Scene 9**



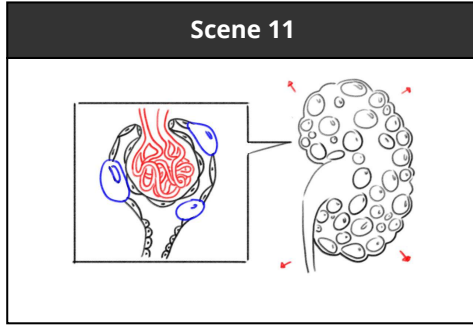
**VO:** These are balloons of fluid that can grow over time  
**Anim:** animate growing cysts



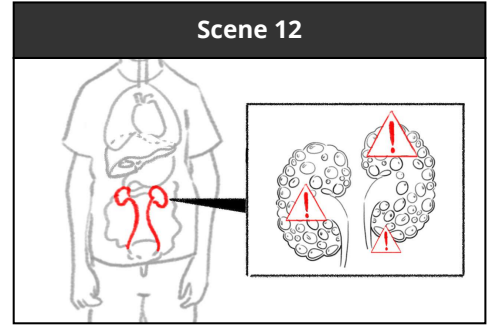
# Illustration



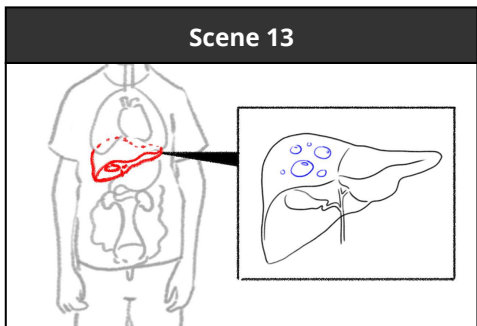
**VO:** some are as small as a pea and some are bigger!



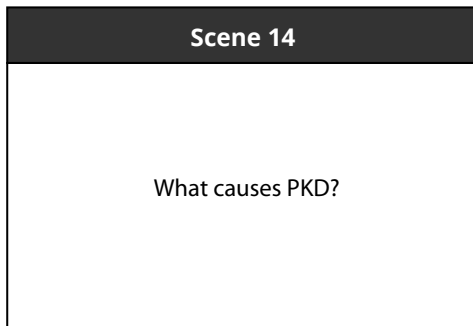
**VO:** As they grow, they can make the kidneys very big overall  
**Anim:** Animate kidney increasing in size



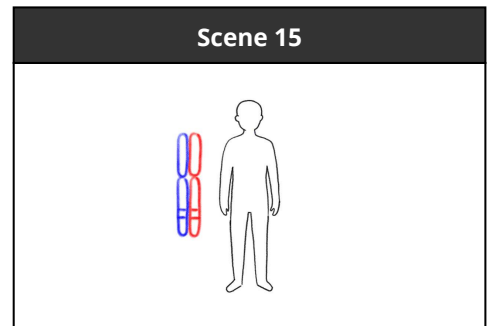
**VO:** but also stop them from doing their job properly.



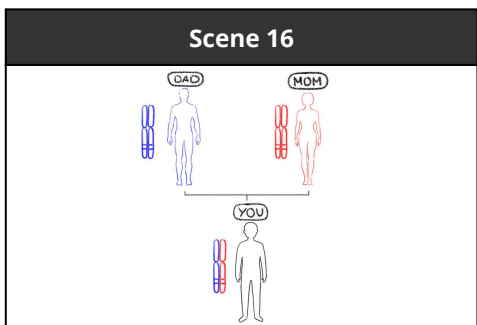
**VO:** Other organs like the liver can get cysts over time.



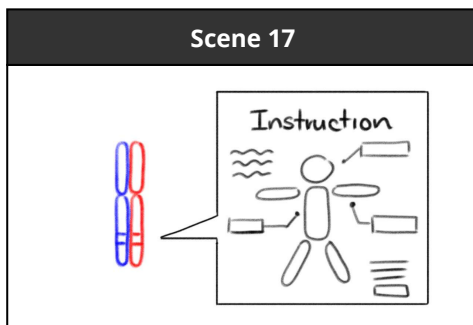
What causes PKD?



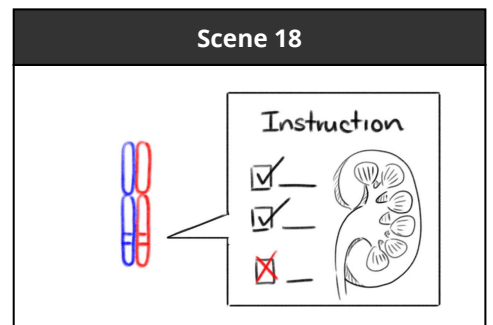
**VO:** Usually this is where there is a problem with you genes



**VO:** you get one copy each of all your genes from your mum and dad making you who you are.  
**Anim:** show the gene transfer to the child as an animation.



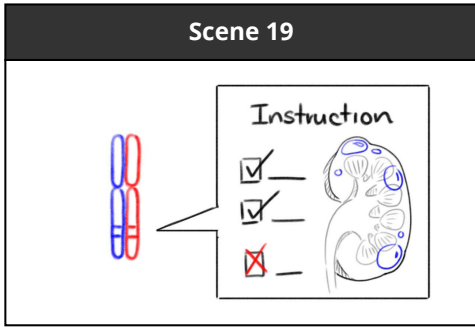
**VO:** Think of them like instructions for how to make a person!



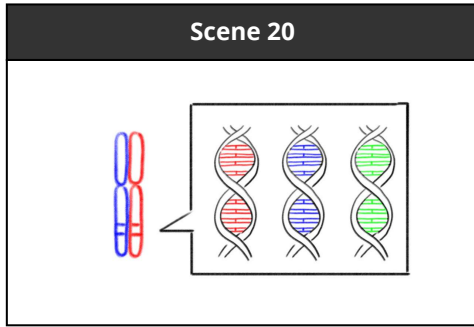
**VO:** when there is a mistake in the instructions on how to make the kidneys,



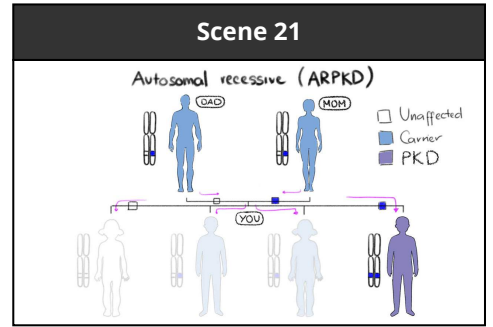
# Illustration



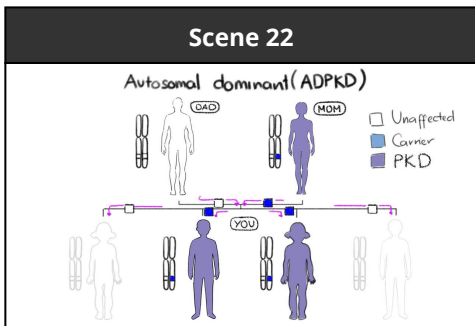
VO: this can cause polycystic kidney disease.



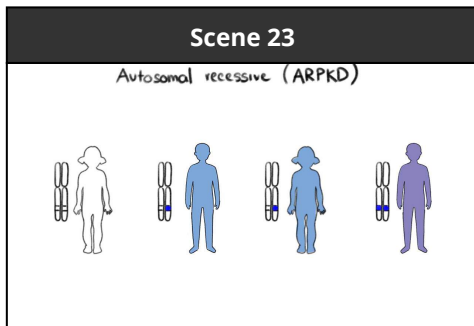
VO: There are two types of PKD:



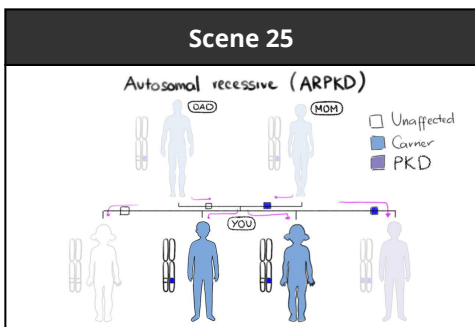
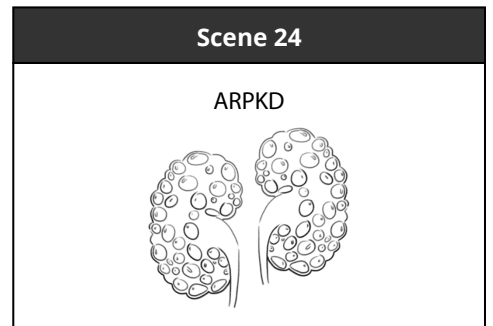
VO: Autosomal Recessive or ARPKD  
Anim: Parent's genes move to each children. When the purple child appears, the other children blurs out



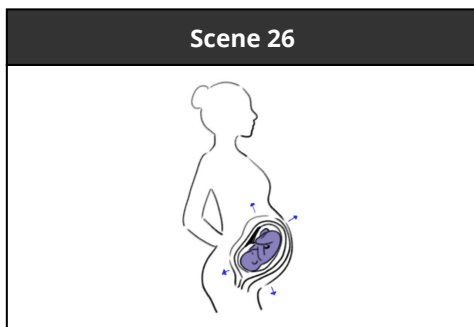
VO: and Autosomal Dominant or ADPKD



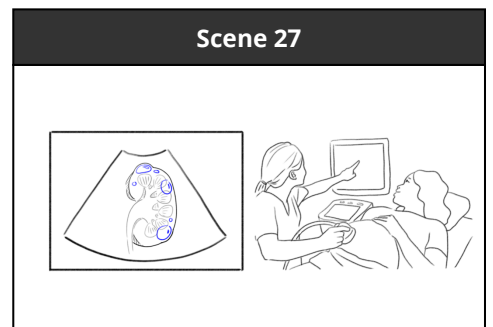
VO: This video is about ARPKD



VO: ARPKD happens when you have mistakes in a gene you get from both mum and dad  
Anim: showing the genes from mum and dad going to the PKD child



VO: and often starts very early on, sometimes even before being born!  
Anim: baby growing inside the womb



VO: the kidney cysts may be seen on scans done to check on a baby before it's born




# Illustration

**Scene 28**


How could this affect me?

**Scene 29**




VO: this changes from person to person

**Scene 30**



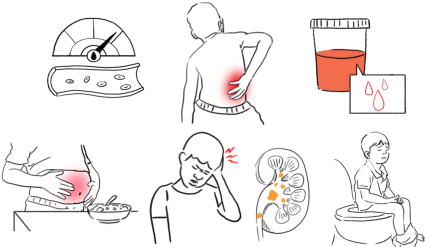
VO: Problems could be:  
High blood pressure  
Back or side pain  
Blood in your urine

**Scene 31**




VO: A feeling of being full in your tummy even if you haven't eaten anything  
A bigger tummy

**Scene 32**



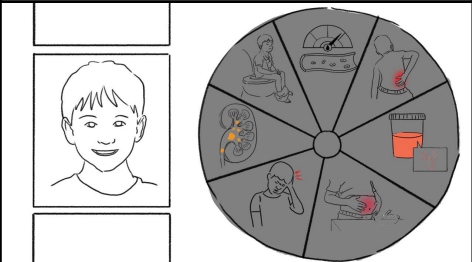
VO: Headaches  
Kidney stones  
Urine infections

**Scene 33**




VO: Your kidneys can't concentrate your urine so you may often feel thirsty, wee lots and bed wetting is common!

**Scene 34**



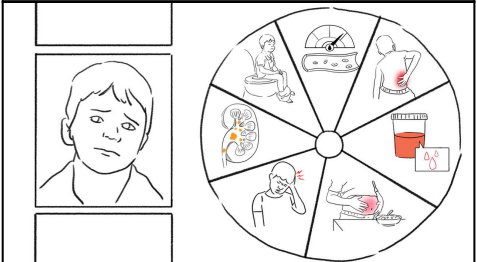
VO: some children have no problems

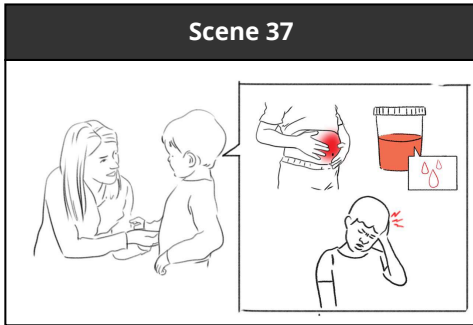
**Scene 35**



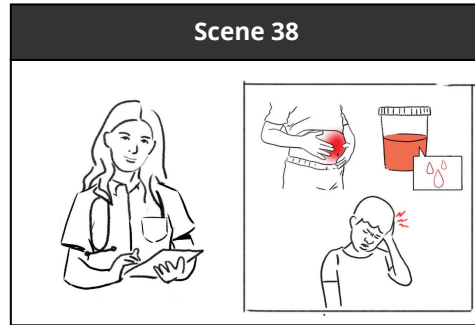
VO: but others may have lots.

**Scene 36**

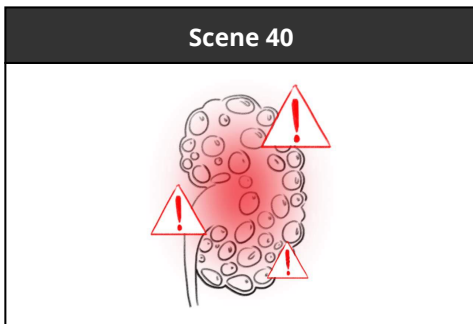
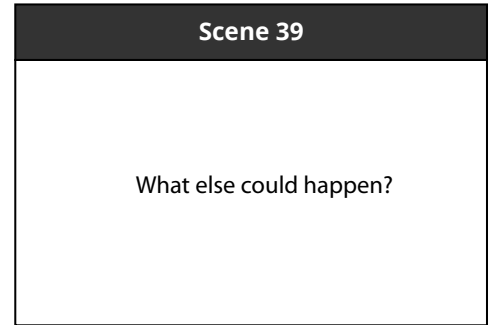




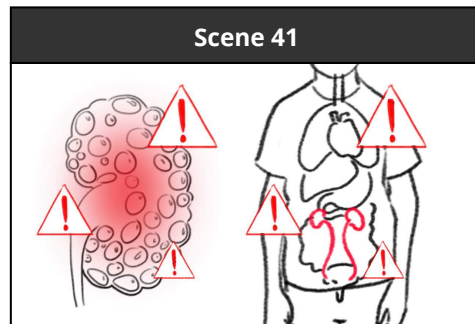
VO: it is important to tell your family if you have tummy pain , blood or pain when weeing or headaches



VO: as these might need treatment



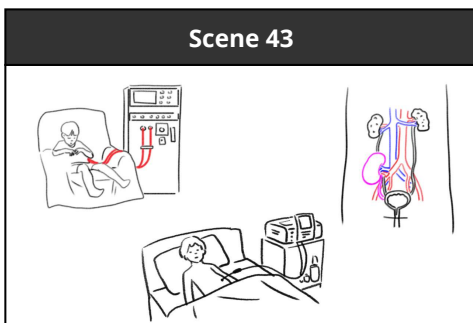
VO: sometimes the working parts of the kidney are taken over by the cysts



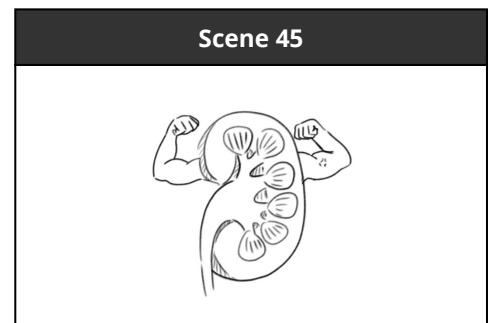
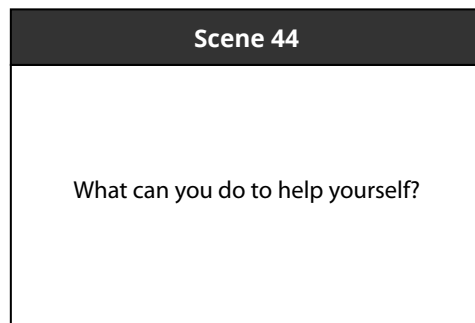
VO: and there is not enough left to keep you healthy



VO: If this happens then your kidney team will talk to you and your family about medicines to help,

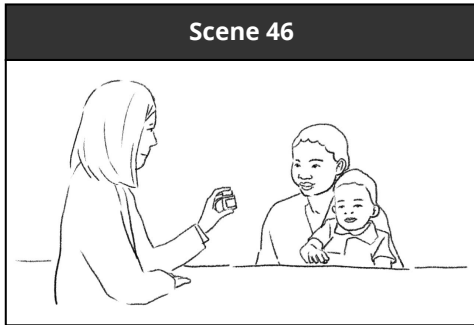


VO: and may even talk about treatments like dialysis or a kidney transplant.

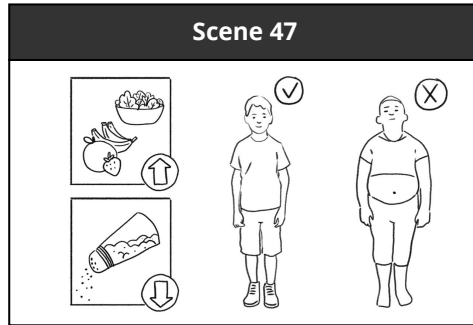


VO: Keeping your kidneys as healthy as possible is always a good idea! Some ways of doing this are..

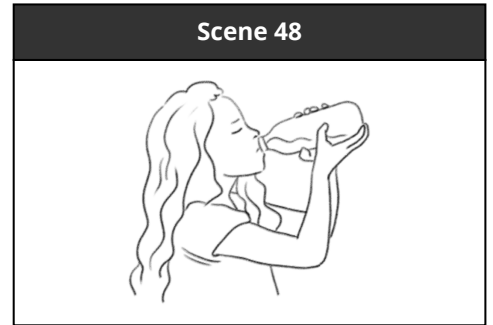




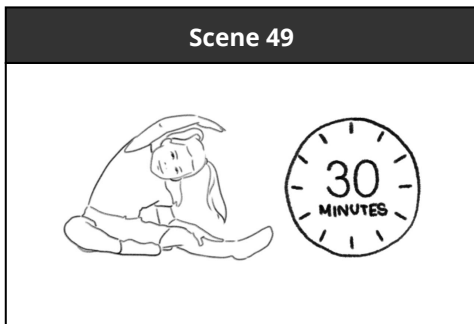
**VO:** Take the medicines the kidney team have given to you



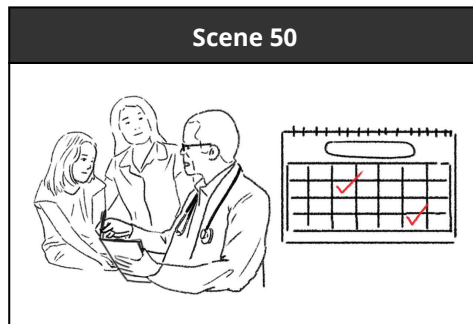
**VO:** Eat a healthy low-salt diet and keep to a healthy weight.



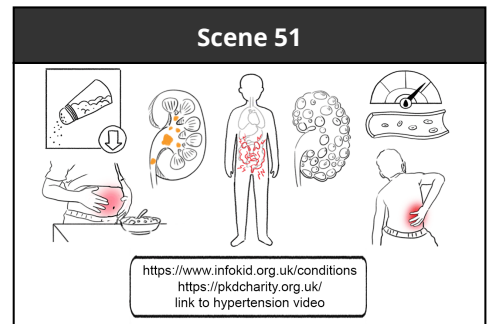
**VO:** drink plenty of water



**VO:** aim for at least 30 minutes of exercise most days



**VO:** go to your appointments where you can always ask questions!



**VO:** We hope you've found this information helpful. To find out more visit these websites:  
<https://www.infokid.org.uk/conditions>  
<https://pkdcharity.org.uk/>  
[link to hypertension video](https://pkdcharity.org.uk/link-to-hypertension-video)



Autosomal Recessive Polycystic Kidney Disease (ARPKD) Animated Information video

Supported by the PKD Charity UK

Once you've reviewed the storyboards, please add your feedback by clicking the link below by 28/10/22:  
<https://forms.office.com/r/b5C9ngX4Cz>

Thank you!

