

PKD Information & Support Day

Autosomal Dominant Polycystic Kidney Disease

Hosted by:

Dr Harish Shetty, Lancashire Teaching Hospitals
NHS Foundation Trust, and the PKD Charity



Programme

Date: Saturday, 21 November 2026

Venue: The Exchange, County Hall,
Preston PR1 8XB

Registration: <https://bit.ly/PKDPreston2026>

09:30 Registration and refreshments

10:15–10:30 – Welcome & Introductions

Jane Pugh, PKD Charity

10:30–11:00 – PKD: the big picture

Dr Chad Pardoe, Consultant Renal Physician

11:00–11:45 – Slowing PKD: Tolvaptan and blood pressure control.

Dr Harish Shetty, Consultant Nephrologist

11:45–12:10 – Break

12:10–12:45 – Renal psychology: minding your head as well as your kidneys

Dr Thomas Rozwaha, Clinical Psychologist, Principal Practitioner Psychologist

12:45–13:15 – Genetics, me & my children: what gets passed on (and what doesn't)

Elizabeth Alexander (MSc), Registered Principal Genetic Counsellor

13:15–14:30 – Lunch

Workshops

Choice of topics across two sessions. Pick one before the break and one after. Each session runs twice for 50 minutes.

Session 1: 14:30–15:20

- a: Your transplant journey: before, during and after**
Mr Hussein Khambalia, Transplant Surgeon,
- b: Dialysis: how, when and where** Dr John Anderton,
Dr Ramzana Asghar & Dr Ajay Dhaygude, Consultant Renal Physicians
- c: Anaemia & erythropoietin (EPO): the hormone behind your energy** Sr Deborah Farrow, Senior Anaemia Coordinator
- d: Eating well with PKD: your kidneys' favourite menu**
Emily Baldwin & Amanda Mason, Specialist Dietitians

15:20 – 15:30 – Break

Session 2: 15:30–16:20

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Mr Hussein Khambalia, Transplant Surgeon,
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