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Impact of Lifestyle Modification on the Progression of Autosomal Dominant Polycystic Kidney Disease: A Prospective Cohort Study

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Autosomal dominant polycystic kidney disease (ADPKD) is a genetic disorder characterized by progressive cyst growth and renal failure. This study followed 150 patients over 3 years to assess the effects of dietary sodium restriction, increased water intake, and physical activity on cyst progression and renal function.

Patients adhering to lifestyle modifications showed slower increases in total kidney volume and preserved eGFR

compared to controls. The study highlights the potential of non-pharmacologic interventions as adjuncts in ADPKD management.

Biography

James O'Connor's clinical practice focuses on genetic kidney diseases and patient-centered care. He leads research in lifestyle interventions and their role in chronic kidney disease progression.