

# WORLD KIDNEY DAY – EMAIL TO MSP

## EMAIL FROM PATIENTS/SUPPORTERS REQUESTING A MEETING

Subject: World Kidney Day – Thursday 10 March 2022 – meeting request

Dear x

I am writing to you as my MSP to request an online meeting on or around **World Kidney Day** on Thursday 10 March 2022.

### ***Add personal experience of PKD***

There are around 3 million people living with kidney disease in the UK and every day 20 more people will develop kidney failure. An estimated 45,000 people die prematurely with kidney disease each year, and kidney disease inflicts a huge toll on those living with the condition and their families, both physically and emotionally.

**70,000 of these are living with polycystic kidney disease or PKD, the world's most common inherited kidney disease, which causes kidneys to grow massively and painfully, resulting in kidney failure. In the UK, about 1 in 10 people on dialysis and 1 in 8 with a kidney transplant have PKD. It affects multiple family members and is present in children as well as adults.**

A survey by Kidney Research UK in January 2022 found that over two-thirds (67%) of kidney patients have experienced symptoms of depression and more than a quarter (27%) have considered self-harm or suicide because of their kidney disease. Yet people with kidney disease struggle to access appropriate mental health services, with 68% of respondents saying they have not been offered any mental health support.

**PKD patients and their family members are known to experience psychological distress such as anxiety and depression, even from early stages when physical symptoms are not present. One UK study reported clinically significant depression in 1 in 5 (22%) adult patients and two thirds (62%) felt 'genetic guilt' about passing PKD to their children. Yet many underestimate the psychological impact and are not offered relevant support.**

I would like to arrange an online meeting around the 10 March to discuss my experience of PKD and how you can help ensure people with PKD and all kidney diseases have access to the mental health support they need.

I hope you can meet me, and I look forward to hearing from you.

Best wishes.

*Name*

*Address with postcode*