

DOES LIFE WITH **C3G**  
FEEL LIKE THIS?

# YOU DON'T HAVE TO FACE THE STORM ALONE

Look inside for tools, tips, and more for navigating  
complement 3 glomerulopathy (C3G).

Patient portrayal.

[KIDNEYHOPE.COM](https://www.kidneyhope.com)

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 **NOVARTIS**

**WE KNOW HOW DIFFICULT IT  
CAN BE TO NAVIGATE A RARE  
DISEASE LIKE C3G.**

In this brochure, learn about this disease, ways to help manage it, and how to become your own advocate.



Doctor portrayal.

Patient portrayal.

## WHAT'S BEHIND C3G?

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The complement system is part of your immune system. It is made up of proteins that work together to identify and remove things that can cause infection. One of these proteins is C3.

## HOW DOES IT DAMAGE YOUR KIDNEYS?

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- Your complement system becomes overactive
- The overactive complement system damages the kidneys
- It is then harder for your kidneys to filter your blood
- Over time, kidney function can fail

## HOW C3G IS CURRENTLY MANAGED

The only medicines available are ones that help slow down how fast C3G damages your kidneys or relieve some of your symptoms, but there are no medicines that are FDA approved to treat C3G.

You may also be asked to make some lifestyle changes to maintain your overall health. This is called supportive care. Stay engaged with your nephrologist to learn how to manage your C3G.

## EXAMPLES OF SUPPORTIVE CARE



blood pressure medicines



steroids and other immunosuppressants



reduce salt intake



regular exercise



no smoking



weight management

To help slow progression and reduce your symptoms,  
**stay on your care plan and keep talking to your doctor.**

Find helpful resources designed specifically for people with C3G

## BETTER DISEASE MANAGEMENT BEGINS WITH MEETING YOU WHERE YOU ARE ON YOUR JOURNEY



Patient portrayal.

Your challenges living with C3G can be quite varied, so the tools designed to help you should be, too. Find important resources linked below.



### NEED TO CUT THROUGH THE MEDICAL JARGON?

To demystify some of the medical language, we created a [glossary of frequently used terms](#).



### WANT TO GET MORE OUT OF YOUR MEDICAL APPOINTMENTS?

Is it tough to fully share how C3G impacts your day-to-day life with your doctor? Our [Productive Appointments Guide](#) may be helpful.



### NEED MORE LIFESTYLE TIPS?

From nutrition and fitness to social activities and emotional wellness, check out our [Everyday Lifestyle Tips for C3G](#) to help make things a little easier.



### NEED ADVICE FOR MANAGING C3G AT WORK?

Our [Workplace Tips Guide](#) can help set you up for success on the job while living with rare kidney disease.



### NEED HELP EXPLAINING C3G TO FAMILY AND FRIENDS?

Explaining a rare disease can be tricky. [This guide](#) provides effective strategies for explaining C3G to family and friends.



Scan to find these and other resources at [KidneyHope.com/resources](https://KidneyHope.com/resources)

Be your own advocate

## IF YOU'RE STRUGGLING, SPEAK UP

You are not alone on this journey. Talk to your doctor about your struggles—both physical and emotional.

We're here to help. Visit [KidneyHope.com](https://KidneyHope.com) for:

- Deeper insights into the cause of C3G and its symptoms
- Useful tools, like a glossary of frequently used terms and an easy-to-use symptom tracker
- Ways to share all your struggles and advocate for yourself with confidence

## STAY CONNECTED

Keep informed as we develop tips and resources to help you manage. Visit [KidneyHope.com/sign-up](https://KidneyHope.com/sign-up) or scan below.



Patient & doctor portrayal.

## GO DEEPER

For more tools and strategies to help you better manage living with C3G, visit

[KIDNEYHOPE.COM](https://www.kidneyhope.com)



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