

DOES LIFE WITH **IgA NEPHROPATHY**  
FEEL LIKE THIS?

# YOU DON'T HAVE TO FACE THE STORM ALONE

Look inside for tools, tips, and more for navigating  
immunoglobulin A (IgA) nephropathy.

Patient portrayal.

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

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 **NOVARTIS**

**WE KNOW HOW DIFFICULT IT**

**CAN BE TO NAVIGATE A DISEASE**

**LIKE IgA NEPHROPATHY.**

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

### IgA NEPHROPATHY?

Everyone's immune system is made up of antibodies that help identify and remove things that can cause infection. IgA antibodies are among those antibodies circulating in your bloodstream. When your IgA proteins are made incorrectly, it could lead to IgA nephropathy.

## HOW DOES IT DAMAGE

### YOUR KIDNEYS?

Your IgA antibodies are made wrong, so your body thinks immune complexes are an enemy. Your immune system goes to destroy these deformed immune complexes, but they end up getting stuck in your kidneys. A part of your immune system, the complement system, tries to remove the stuck immune complexes. This process damages your kidneys. Over time, this damage makes it harder for them to filter blood, and results in irreversible kidney damage.

## HOW IgA NEPHROPATHY IS CURRENTLY MANAGED

Most of the medicines available to treat IgA nephropathy help slow how fast it damages your kidneys, or relieve some of your symptoms.

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 about new developments to manage IgA nephropathy.

## EXAMPLES OF SUPPORTIVE CARE



blood pressure medicines



steroids



reduce salt intake



regular exercise



no smoking



weight management

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

Find helpful resources designed specifically for people with IgA nephropathy

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



Patient portrayal.

Your challenges living with IgA nephropathy 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 IgA nephropathy 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 IgA Nephropathy](#) to help make things a little easier.



### NEED ADVICE FOR MANAGING IgAN 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 IgAN TO FAMILY AND FRIENDS?

Explaining a rare disease can be tricky. [This guide](#) provides effective strategies for explaining IgA nephropathy 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://www.kidneyhope.com) for:

- Deeper insights into the cause of IgA nephropathy 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://www.kidneyhope.com/sign-up) or scan below.



Patient &  
doctor portrayal.

## GO DEEPER

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

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



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