

Living well with IgA nephropathy (IgAN)

Just as staying on top of your health is important, so is taking the time to process how you're feeling about it all. **This guide can help.**

Patient portrayal.

IgA, immunoglobulin A.



RELAX, RESTORE, AND FIND YOUR CENTER

LIVING WITH A RARE KIDNEY DISEASE

There are a lot of emotions that may come with living with a rare disease like IgAN. You may experience uncertainty regarding changes in lab results, disease progression, and anticipation of what lies ahead. It can be challenging to find the right words to express these emotions. Do not forget that you have the strength to handle both your diagnosis and your feelings. If these feelings persist, it is advisable to get professional help.

Taking these suggestions into account can help you monitor how your body is doing. Consider contacting a mental health doctor or practitioner for additional information and support.



Patient portrayal.



TAKE TIME TO BE GRATEFUL

- Living with IgAN can come with uncertainty, about both the present and the future. Feeling discouraged about the things that are changing? Say “thank you” for 3 things you are grateful for in the current situation. If you prefer, mentally thank someone who deserves your gratitude
- At the end of the day, take a few moments to list some things that you are thankful for. It is a great way to stay grounded and keep things in perspective when life appears to be getting out of hand



HELP OTHERS

Volunteering or lending a hand to others will benefit both you and the person you help.



TRY THESE TIPS FOR DEALING WITH IRREGULAR SLEEP PATTERNS

- When your sleep becomes irregular, don't be too hard on yourself
- To get enough sleep, you may need to go to bed earlier at night or stay in bed later in the morning
- Consider taking a daytime nap to make up for lost sleep



TRY BREATHING EXERCISES AND MEDITATION

Deep breathing can calm you quickly when you feel overwhelmed:

- Sit somewhere comfy
- Focus on your breath
- Inhale through your nose for 10 seconds
- Hold your breath for 10 seconds
- Exhale through your mouth for 10 seconds
- Repeat this cycle 10 times: Start by repeating a few times and gradually increase the duration

Meditation promotes mindfulness and can help reduce stress.



REAP THE BENEFITS OF EXERCISE



EASE IN WITH MICRO WORKOUTS

- Not only does regular exercise promote mindfulness, it can also help decrease stress, boost self-esteem, and release “feel good” endorphins. If you’re looking to stay fit from home, why not try some full-body workouts like dancing or jump-roping while you listen to your favorite tunes?
- Sign up for a scheduled activity like a yoga session or dance class



BE OUTDOORS

Being outdoors can be challenging when living with fatigue. Here are some tips to make it easier:

- Keep comfortable shoes, coats, and mobility aids close at hand in your entryway
- A patio or rooftop terrace or a stroll around the block can still expose you to fresh air and sun



FIND A FITNESS PARTNER

Doing activities together can help you feel supported and motivated while you’re having fun.

IMPORTANT: PLEASE CONSULT YOUR DOCTOR BEFORE

STARTING ANY NEW EXERCISE REGIMEN



CHANGE YOUR APPROACH TO THE FUTURE



PUT SOMETHING ON THE CALENDAR

- Give yourself something to look forward to by scheduling a trip, activity, or event in the next few months. Putting it on the calendar will give you a solid plan
- Remember, it's okay to cancel plans and stay home on days when you don't feel like leaving



CREATE YOUR VILLAGE

Patient advocacy organizations can provide you with valuable information, guidance, and reassurance. There is a support network of individuals who can relate to what you are experiencing.

[Join an online support group that can lend you a hand.](#)



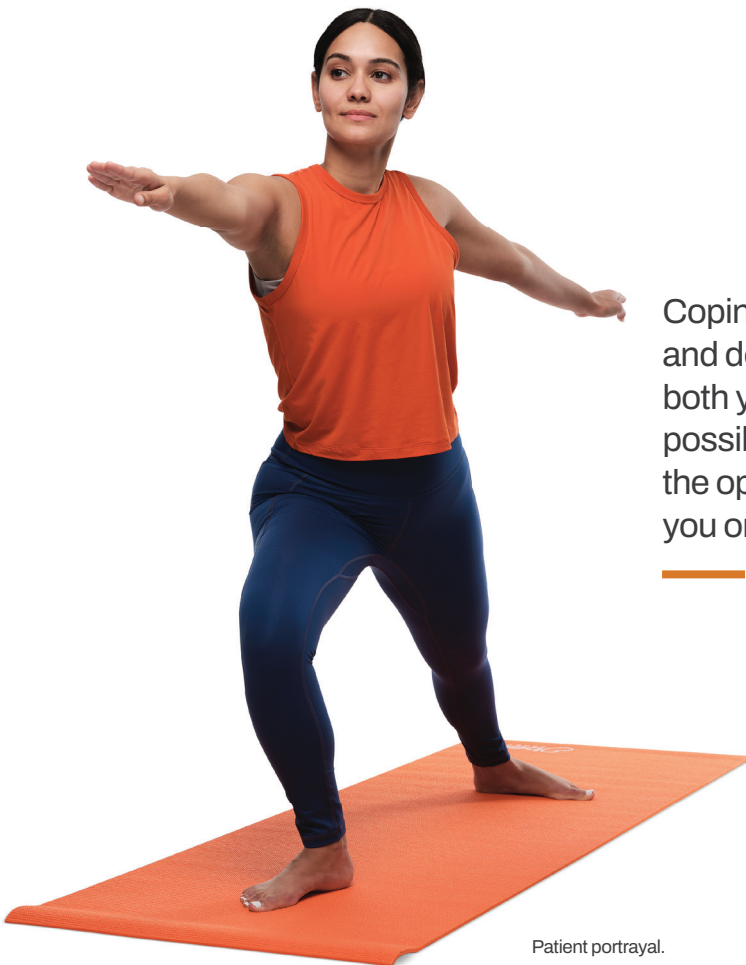
NOURISH YOUR BODY

To give your body the nourishment it needs, eating a healthy diet is key. Consulting with a nutritionist is a good way to learn about kidney-friendly food choices.



TAP INTO YOUR CREATIVE SIDE

You can add extra joy to your life by engaging in creative activities like gardening, baking, painting, making videos, and creating crafts.



Coping with IgAN can have its moments of ups and downs. We hope this guide helps you nurture both your mental and physical well-being. While it is possible that you may need to try several times to find the optimal approach for you, these tips can help set you on the right path. You've got this.

Patient portrayal.



SOME WAYS CAREGIVERS CAN HELP

When you watch a loved one deal with IgAN, it's natural to wonder, "What can I do to help?" Despite having the best of intentions, it can be hard to know how to proceed.



HERE ARE SOME WAYS TO HELP:

- To become a supportive companion for your relative, the National Kidney Foundation recommends that you learn about the kidneys, their operations, and how diseases can affect them. Gain a deeper understanding of the subject so you can become an informed aide
- Fatigue is a common symptom of IgAN. To assist your loved one, you can offer to complete their grocery shopping, prepare meals, or drive them to medical appointments
- Lend your support by joining them in their physical activities or motivating them to get some open air



EXPLORE EVEN MORE IgAN RESOURCES

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