

C3G guide for the newly diagnosed

This brochure can help as you begin your journey with C3G. Here, you'll learn about your condition, how to manage it, and find useful resources to help you navigate the path ahead.



C3G, complement 3 glomerulopathy.

Patient & doctor portrayal.

C3G



Getting started

Being diagnosed with C3G may seem overwhelming at first. But by educating yourself about this condition, you can feel more in control and ready for the road ahead. Use this guide to learn about C3G and discover useful resources to help you begin your journey.

Inside this guide you'll find answers to the following questions:



What is C3G?



What are the symptoms of C3G?



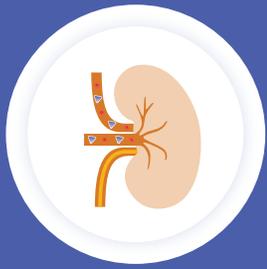
How is C3G treated?



What can I do about my C3G?



Patient portrayal.



What is C3G?

C3G is a rare condition that affects how well your kidneys work.

Healthy Kidneys

The kidney is a vital organ. It works to maintain a healthy body by filtering waste from the blood and removing the waste as urine. The filtered blood, which includes important proteins of the immune system, flows back into circulation.



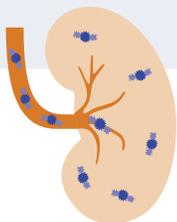
C3G

One important part of the immune system is called the complement system, which specializes in destroying viruses and bacteria. The complement system includes many proteins, one of which is complement 3 (C3).



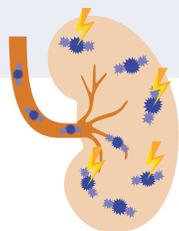
COMPLEMENT OVERACTIVITY

In C3G, genetics and other factors are thought to cause part of the complement system to become overactive. This results in C3 proteins being broken down into smaller fragments.



IN THE KIDNEY

As blood flows through the kidney for filtration, the C3 fragments can become deposited in the kidney's filters.



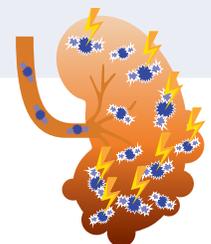
KIDNEY INFLAMMATION

The deposition of C3 fragments can eventually lead to the complement system causing inflammation in the kidney.



PROGRESSION

Timing and severity of C3G progression varies. But continued inflammation due to the overactive complement system can eventually cause the kidney to fail. Dialysis or a kidney transplant may be needed. To track C3G progression, your kidney's filtration rate (eGFR) and amount of protein in the urine are monitored.



Complement overactivity is the key driver of C3G disease progression.



What are the symptoms of C3G?

C3G symptoms can be different for everyone. You might not suffer from all these symptoms or even notice them right away. But having an idea of what to look for can help you monitor your condition and take an active approach to your care.

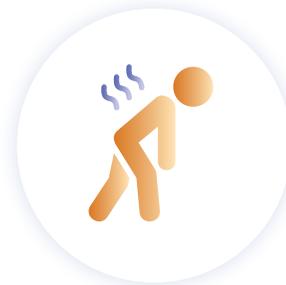
Common signs and symptoms of C3G are:



Blood in the urine



Excess protein in the urine



Fatigue



Swelling of hands, feet, and ankles



Reduced glomerular filtration rate (reduces ability of the kidney to filter the blood and make urine)



Download Our [Symptoms Tracker](#)

Use this tool to help you talk with your doctor about any symptoms you experience.



How is C3G treated?

Your doctor will help you find a treatment plan that's right for you.

There are no FDA-approved medicines that treat C3G

The only medicines available are ones that help slow how fast C3G damages your kidneys, and those that relieve some of your symptoms (eg, blood pressure medicines and steroids).

Your doctor may prescribe these medicines and ask you to make some lifestyle changes to maintain your overall health. This is called supportive care.

These can include:



Blood pressure medicines



Steroids



Reduce salt intake



Exercise



No smoking



Weight management



Doctor portrayal.



Wait! What Did You Say?

To help you better understand your condition and what your doctor is saying, scan the QR code and download our [glossary of common C3G terms](#).



What can I do about my C3G?

In addition to treatment, there are many things you can do to try and keep your C3G under control. Now that you know what you're dealing with, it's important to stay positive and take an active role in your health care. Here are things you can do to make sure you're prepared for the new journey ahead.



Partner With Your Doctor

Your doctor is always a great resource for C3G information. It's important to be open and honest with them, and communicate exactly how you're feeling, as feeling worse may be a sign of disease progression.

Use our Productive Appointments guide to help you make the most of your doctor appointments.



Rethink Your Diet & Lifestyle

The symptoms of C3G may impact your day-to-day life, so being mindful of this condition can help you feel in control. Doing things to get your blood pressure under control may help support kidney function. And try to avoid smoking, reduce salt intake, and exercise regularly.

See how a kidney-healthy (DASH) diet can help you eat healthy and lower your blood pressure.





Take charge of your care

Being diagnosed with C3G can be overwhelming. Taking an active approach to your condition and care can help you feel confident as you embark on this journey.

Talk About C3G

Between the physical symptoms of C3G and the emotional burden of living with a condition, it may be hard for your family and friends to understand what you're going through. Learning to talk about how you are feeling can help you take control of your condition and provide the support you need.



Discover ways to start the conversation about C3G with friends and family.

Get Involved & Stay Informed

The more you know about C3G, the more prepared you'll be for the journey ahead. You may find it helpful to get in touch with other people who understand what you're going through by joining a support group.



Discover C3G Support Groups in our Patient Support Groups brochure.



Join Kidney Hope

Scan the QR code or go to KidneyHope.com to sign up for more information about C3G and receive ongoing information, tools, and resources to help you take charge of your journey.



LEARN ABOUT C3G

CHECK OUT [KIDNEYHOPE.COM](https://www.kidneyhope.com) TO FIND INFORMATION,
RESOURCES, AND TOOLS TO HELP YOU ALONG YOUR JOURNEY.

