

C3G Guide to Transitioning from Pediatric to Adult Care

As you transition from pediatric to adult care, this brochure can help you manage your C3G and take charge of your care.

C3G, complement 3 glomerulopathy.

Patient portrayal.

C3G



Take Charge With Confidence

Becoming an adult may come with different changes and responsibilities. And living with C3G can add even more challenges to this transition. But the more prepared you are, the more likely it is you'll find success along the way.

This guide was created to help you feel confident when it comes to managing your own care. By using the advice and resources provided here, you'll be on the path to taking an active role in your care.



Get Comfortable With Communicating

As you're starting to make more decisions independently, make sure you're comfortable talking to friends, family, coworkers, and your health care team about your condition. The better you understand the complement system, how your kidneys work, and the impact C3G can have on your life, the more confident you'll be to manage your disease as an adult.



Find commonly used terms to describe and manage C3G by scanning this QR code or visiting KidneyHope.com.



Your Take-Charge Checklist

Taking charge of your C3G means being more mindful of your physical and emotional well-being. As you move into adulthood and start to define your independence, make sure you're taking charge of the following.



Keep a healthy routine

Most people with chronic kidney disease can benefit from some form of exercise. Start slow with low-impact stretching and build up to some light cardio. Find a time of day when you have the most energy to exercise, then make it part of your daily routine.

Be sure to talk to your doctor before starting any exercise program so they can help you find the workout plan that's best for you.



Stay organized

Life with C3G can be overwhelming at times. Staying organized can make even the most chaotic days much more manageable. Keeping a to-do list can help you avoid forgetting daily tasks. And setting up reminders or alarms on your phone can help you remember to take your prescribed medication on time.



Watch what you put in your body

Adjusting to a college class schedule or starting a new job can easily impact your eating habits. Make sure you monitor your sodium (salt) intake and drink plenty of fluids to stay hydrated. Avoid alcohol and tobacco consumption as these can lead to dire health complications.



Take a look at some [great resources](#) for establishing a kidney-friendly eating plan.



Find people to connect with

Meeting new classmates or coworkers can feel intimidating, especially when you may feel uncomfortable discussing your condition in a new setting. Connecting with others who have C3G on social media and in support groups may be helpful in navigating this part of your journey. Just know you're not alone, and if you make the effort, you may meet others willing to listen or share their experiences.



Keep an eye on your condition

The day-to-day grind can be a lot. If you don't make the time to monitor yourself for changes in symptoms, it can be easy to forget. Monitoring your C3G and keeping track of your symptoms as they occur is important so that you can share them with your doctor in a timely manner.



Download and print out our [symptom tracker](#) to help you stay on top of your C3G.



Don't be shy with your doctor

In the past, your parents or caregiver may have taken the lead at doctor appointments. But as you become more independent, it's important that you take control and communicate with your doctor or support system. The more they know about how you're feeling, the more help they can provide.



Ready-to-Use Resources

We want you to be as prepared as possible to take control of your C3G care. So we've created a number of useful tools and resources to help. You can find all of them on KidneyHope.com and they should help answer some of your most pressing questions.



How can I make my appointments more productive?

Use our **Productive Appointments Guide** to help you prepare for your next doctor visit. This covers what you can expect before, during, and after each appointment.



What lifestyle changes can I make to help with C3G?

In our **Everyday Lifestyle Tips for C3G Guide**, you'll find ways to help make your day-to-day with C3G a little easier. You'll learn how to take charge of your fitness, monitor your food intake, manage your social life, and more.



What if I don't understand what my doctor is saying?

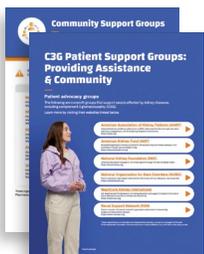
We created **Your Guide to Understanding C3G Terms** to help you learn about C3G and understand some of the most commonly used terms. It not only breaks down what your doctor is saying but also helps you understand how this disease impacts your body.





How do I talk to friends or family about my condition?

To help you find the right words, check out our **Explaining C3G to Family and Friends Guide**. It can help you start the conversation, explain your situation, and let them know exactly what you're going through.



Where can I find support groups for my C3G?

In our **C3G Advocacy and Support Groups Guide** we put together a list of organizations and support groups that provide services for people living with C3G. There are also ways to connect with and learn from others in the community.



How can I stay on top of my C3G?

To learn more about C3G and receive ongoing information, tools, and resources, **join Kidney Hope**. Signing up and staying informed is a great first step to taking charge of your condition.





KIDNEY HOPE OFFERS SUPPORT AND RESOURCES TO HELP YOU TAKE CHARGE OF YOUR CARE

TO LEARN MORE ABOUT C3G AND FIND USEFUL RESOURCES TO HELP
YOU MANAGE THIS CONDITION AS YOU ENTER ADULthood, VISIT

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

