

IgAN guide for the newly diagnosed

Use this guide as you begin your journey with IgAN. Here, you'll gain a better understanding of your condition, how it impacts your body, and find useful resources to help you navigate the path ahead.



IgAN, immunoglobulin A nephropathy.

Patient & doctor portrayal.

IgAN



Getting started

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

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



What is IgAN?



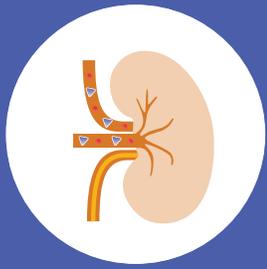
What are the symptoms of IgAN?



How is IgAN treated?



What can I do about my IgAN?



What is IgAN?

Immunoglobulin A nephropathy (IgAN) is an autoimmune kidney disease.

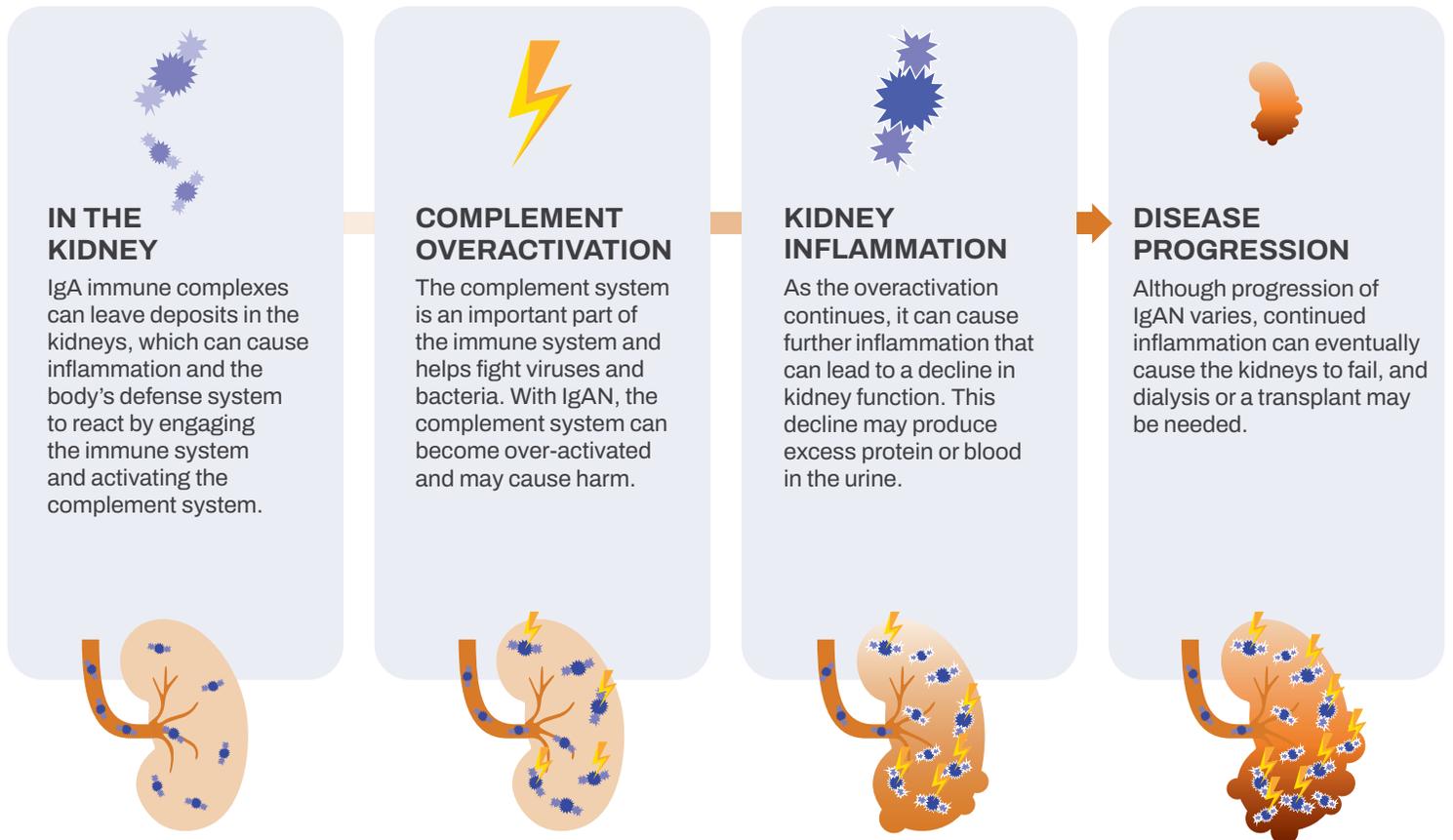
When you have healthy kidneys

The kidney is a vital organ. It works to maintain the health of the bloodstream by filtering out waste and removing it as urine. The kidney then sends clean red blood cells and many important proteins, like those involved in the immune system, back into circulation. One of these immune proteins is called immunoglobulin A (IgA).



IgAN

IgAN is caused by the IgA antibodies that don't work properly. Some of these defective antibodies can trigger an immune reaction, which can greatly affect the kidneys. Here's how:



Complement overactivation can play a key role in the disease progression of IgAN.



What are the symptoms of IgAN?

IgAN doesn't always cause symptoms and the symptoms can be different for everyone, potentially leaving it unnoticed for years. But having an idea of what to look for can help you monitor your condition and take an active approach to your care.

When symptoms are present, they can include:



Dark-colored urine
(possibly with blood)



Foamy urine



Swelling of hands, feet,
and/or legs



High blood pressure



Download Our [Symptoms Tracker](#)

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



How is IgAN treated?

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

Most of the medicines available to treat IgAN are ones that help slow how fast it damages your kidneys, and ones that relieve some of your symptoms.

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

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 IgAN terms](#).



What can I do about my IgAN?

In addition to treatment, there are many things you can do to try and keep your IgAN 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 some 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 IgAN information. It's important to be open and honest with them, and communicate exactly how you're feeling.

Use our [Productive Appointments guide](#) to help you make the most of your doctor appointments.



Rethink Your Diet & Lifestyle

The symptoms of IgAN 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 care. And try to avoid smoking, reduce salt intake, and exercise regularly.

See how a [kidney-healthy-diet](#) can help to lower your blood pressure and slow down the progression of kidney disease.





Take charge of your care

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

Talk About IgAN

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 get the support you need.



Use this guide to help you start the conversation about IgAN with family and friends.

Get Involved & Stay Informed

The more you know about IgAN, 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 IgAN 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 IgAN and receive ongoing information, tools, and resources to help you take charge of your journey.



LEARN ABOUT IgAN

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

