

FOR PEOPLE WITH **IMMUNOGLOBULIN A NEPHROPATHY (IgAN)**

HOW TO MOVE THROUGH THE STORM

This brochure can help you learn about your disease and how you can become your own advocate.

Look inside for tools and tips for living with IgAN.

Patient portrayal.

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

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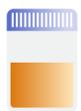
 **NOVARTIS**

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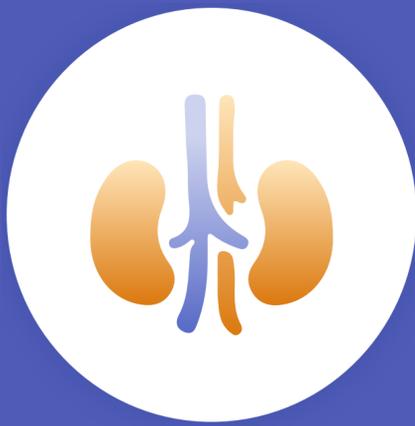


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Diagnosed with IgAN? Find support at [KidneyHope.com](https://www.kidneyhope.com)



Introduction to IgAN



Living with IgAN, also known as Berger's disease, can be hard. Understanding this disease may help you have more informed discussions with your doctor.

This brochure contains important information about your disease and how to talk to your doctor about managing your condition. Because every patient experiences a different IgAN journey, it's important to become your own advocate for your kidney health.

What's behind IgA nephropathy (IgAN)?

Your kidneys work a lot like a coffee filter. Much like separating grounds from coffee, your kidneys act as filters that remove waste that is in your blood. If your kidneys aren't working as they should, substances like protein can leak into your urine. When this happens, it's called proteinuria.

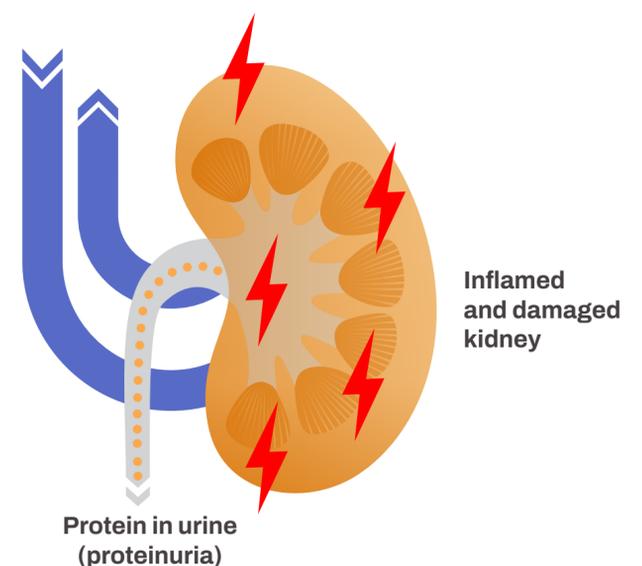
When you have IgAN, your body produces abnormally high levels of an IgA protein. Your immune system then attacks these proteins, causing them to form clusters that accumulate in the kidneys. This can result in inflammation and damage that can affect how well your kidneys work.

How does IgAN damage your kidneys?

There are several ways IgAN can damage your kidneys:

- One way is through the endothelin A (ET_A) pathway, which regulates multiple kidney functions. In IgAN, the ET_A pathway is turned on, and it can lead to kidney damage and scarring through various processes. As a result, protein can leak into the urine, leading to proteinuria
- Another way is through a key part of the immune system called the complement system. When you have IgAN, your complement system can become overactive in your kidneys. This can result in inflammation and injury

Both of these ways can impact how well your kidneys work and may worsen your IgAN.





Know your lab numbers. Proteinuria can be a sign of kidney damage.

A small amount of protein in your urine is normal, but too much can be a sign of kidney disease. Retrospective studies* show that people with IgAN who have ongoing proteinuria may be at risk of their disease worsening. Additionally, those who have higher levels of proteinuria are more likely to experience a more rapid loss of kidney function.

According to global expert guidelines on IgAN, if your proteinuria is more than 0.75-1 g/day, you may be at high risk for your IgAN to get worse.

In people with IgAN, managing proteinuria is an important goal. That's why it's important that you and your doctor monitor your proteinuria to see whether it changes over time.

In a retrospective study*, people with IgAN who had higher levels of proteinuria had higher risk of progression to kidney failure

PERCENTAGE OF PEOPLE WITH IGAN WHO PROGRESSED TO KIDNEY FAILURE WITHIN 10 YEARS OF DIAGNOSIS

31^{0/0}
of people with proteinuria
0.5 to less than 1 g/day

85^{0/0}
of people with proteinuria
2 g/day or more

*A retrospective study means the data were collected in the past and not intended to be analyzed for research purposes. There were additional limitations to this UK-based study, including a lack of data about patients' medications and blood pressure.

Talk to your doctor about your proteinuria goals.





Other signs of IgAN progression

If you've been diagnosed with IgAN, it's important to know whether your disease is getting worse. Here are some common signs to watch out for. If you're experiencing them, or if they come up in your lab tests, be sure to talk to your doctor:

- Foamy urine could be a sign of protein in your urine (proteinuria)
- Blood in urine (hematuria)
- Decline in kidney function as measured by a test of how well your kidneys are filtering blood (eGFR)



Patient portrayal.





How IgAN is currently managed



Symptoms and lab numbers can help you and your doctor understand how your disease is progressing. Your doctor may advise lifestyle changes and prescribe medication that may be right for you.

When it comes to IgAN, you are your own best advocate.

IgAN affects everyone differently and there are different treatment options available. Be sure to discuss all of your concerns with your doctor to figure out a plan that works for you.

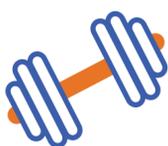
Your doctor will work with you to help manage IgAN through supportive care. This can include making lifestyle changes and using high blood pressure medications, like ACEi or ARB*. Management of blood sugar and cholesterol can also be considered.

Some examples of supportive care

Please note: This is not a complete list of care for IgAN



Blood pressure medicines



Regular exercise



Avoiding tobacco products



Reducing salt consumption



Weight management

Talk to your doctor about how to manage your IgAN.

*ACEi, angiotensin-converting enzyme inhibitor; ARB, angiotensin 2 receptor blocker.





IgAN care goals



It's important to track your lab numbers so you can have informed conversations with your doctor. Tracking your numbers is important. These numbers may help determine how your care plan is working and if any adjustments need to be made.

Setting care goals with your doctor is key for managing IgAN.

Here are two important goals:

- Lowering your proteinuria
- Limiting how fast your eGFR declines

Keep an eye on your symptoms and lab numbers so you and your doctor can understand whether your disease is progressing.

Communication with your doctor is key

Talking to your doctor about how you're feeling can help them create a plan that works for your specific needs.



Patient and doctor portrayal.





Helpful IgAN resources



Everyone living with IgAN faces their own personal challenges. Here are some tools and resources designed specifically for people with IgAN that can help.

Learn more about IgAN

[IgAN Glossary](#)

Demystify medical language and understand key terms

[Guide for People With Newly Diagnosed IgAN](#)

Important information for those recently diagnosed with IgAN

[IgAN Real Talk Series: Family and Friends](#)

Effective strategies for explaining IgAN to family and friends

Tracking IgAN

[Lab Numbers Tracker](#)

Keep on top of your lab numbers and understand whether your disease is progressing

[Symptom Tracker](#)

Take notes on what you're experiencing so you can share your symptoms with your doctor

[Productive Appointments Guide](#)

Learn different ways to get the most from your medical appointments





Living with IgAN

[IgAN Real Talk Series: Everyday Lifestyle Tips](#)

Discover important tips about nutrition, fitness, social activities, and mental wellness

[Patient Workplace Accommodations Guide](#)

Advice on managing IgAN at work

[Living Well With IgAN Brochure](#)

Ways to stay on top of your emotional wellbeing

[Your Journey as a Caregiver](#)

Because caregivers are going through the disease, too

[Support Groups](#)

You're not alone in this journey. Connect with support groups that can help you



Go deeper

For more tools and strategies, visit [KidneyHope.com](https://www.kidneyhope.com)

