

Talk with your healthcare team about

Treating IgA nephropathy (Berger's disease)



IgA nephropathy is a disease that causes inflammation (swelling) and damage to your kidneys. There is no cure for IgA nephropathy, but medicines can slow the damage to your kidneys. The first signs of IgA nephropathy are usually blood or protein in your urine (pee). These can be found through a urine test in your doctor's office.

Get ready for your next medical appointment

- **Write down your symptoms and notes about your health in general to prepare you to talk about your overall health.**
 - Remember your provider is there to help you with your kidney health, along with preventing and managing other health conditions.
- **Bring a pen and this paper to write down what your provider tells you.**
 - You can also ask a friend or family member to go with you and take notes, or ask your doctor to print out important information for you.

You may need to meet with different providers to treat and manage your nephropathy

Providers may include:

- Primary care doctor
- Kidney doctor (nephrologist)
- Transplant doctor
- Nurse
- Therapist
- Dietitian

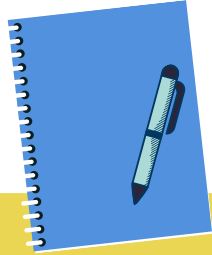
To check for IgA nephropathy, your doctor will do tests that may include:

- Urine (pee) tests to look for protein or blood in your urine
- A kidney biopsy (doctors take a tissue sample and test it)

My symptoms (check all that apply)



- Blood in my urine
- Foamy urine
- Dark colored urine
- Feeling weak and tired
- Feeling like I have a cold or the flu
- High blood pressure
- Pain in my lower back or sides
- Swelling in my hands or feet or around your eyes
- Other: _____



Questions to ask during your visit



1. What foods should I be eating (or limiting)?
2. What treatments can help me?
3. Are there new treatments available?
4. What are the possible side effects of treatment?
5. Should I consider clinical trials to participate in?
6. How can I best take care of my health if I have IgA nephropathy?
7. What are the chances I will need dialysis or a transplant in the next 5 years?
8. How often should I have blood and urine tests to track my disease over time?
9. What blood and urine testing are you doing? What are your goals for my numbers?

If you are not able to print this guide, use a notebook or your phone to write your questions and take notes.

Make sure you understand what your healthcare team says

As a patient, you have the right to understand everything your doctors and healthcare team tells you. If you don't understand something, speak up and let them know!

You can do this by repeating what your doctor said back to them **in your own words**. You can say:

"I want to make sure I understand... (repeat the information). **Did I get that right?"**



Learn more about IgA nephropathy and kidney disease at:

<https://www.KidneyFund.org/IgAN>

Or scan this code with your mobile device

