

How to talk to your doctor about complement 3 glomerulopathy (C3G)

ME + C3G

What is C3G?

C3G is a rare kidney disease. It happens when a part of your immune system, called the complement system, is overactive or doesn't work well. This leads to damage and inflammation (swelling) of the tiny filters in your kidneys that clean your blood (called glomeruli).

The "C3" in C3G refers to a protein in that complement system.

How to find a kidney doctor (nephrologist)

C3G is a rare disease, so it may be hard to find a doctor.

You can:

- Ask your primary care doctor for a referral to a nephrologist familiar with C3G.
- Check your insurance plan for in-network doctors - if you find a doctor you want to see, ask which insurance plans are in-network for them.
- Search online at [healthgrades.com/nephrology-directory](https://www.healthgrades.com/nephrology-directory).
- Talk to others who have C3G.



If you aren't happy with the treatment you're getting, you can ask for a second opinion from another doctor.

Be your own advocate to get the care you need

Ask about your healthcare team's experience

- How many patients have you treated with C3G?
- Are there other doctors or healthcare team members you can work with or learn from?

Share information with your healthcare team

- If you find information that explains C3G well, bring it to your visits, which can help guide your conversation.
- Talk to your healthcare team about your overall health - remember they are there to help you with your kidney health, and also to prevent and manage other health conditions.

Ask about your treatment options

How will you track my disease over time?

What treatment options are available?

Could you tell me about ongoing research studies?

What are the chances my kidneys will stop working?



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

Check your understanding

You have the right to understand everything your healthcare team tells you

If you don't understand something, it is your right to 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?"

Here are some resources that people with C3G have found helpful:

[University of Iowa: Kidneys.lab.uiowa.edu](http://Kidneys.lab.uiowa.edu)

[C3G Facebook group](#)



For more information, visit: KidneyFund.org/C3G or scan the QR code

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