

FACT SHEET



IGA NEPHROPATHY FOUNDATION

Dedicated to finding a cure.

"Our mission is to be a patient-centric organization focused on finding a cure for IgA Nephropathy. Using the power of the patient community we are focused on funding research, using patient advocacy to empower our patients, and building a network of support. As a patient run organization, we will work together with the hope of finding better treatment options and ultimate cure."

What is IgA Nephropathy?

IgA nephropathy (IgAN) (nuh-FROP-uh-thee), also known as Berger's disease, is the most common form of primary glomerulonephritis, or an inflammation of the kidney caused by an immune response. The glomerulus is the filtration device within our kidneys that aid in the filtration of fluids, electrolytes, and waste. IgAN creates a disruption of this filtration in which causes protein to build up within the kidneys and spill over into the urine causing kidney damage. IgAN is categorized as an Autoimmune disease in which the body's own immune cells attack itself, and in this case the kidneys are attacked.

How is it Diagnosed?

Detection may be made based off of a high protein level in your urine. Diagnosis however, is only made by renal biopsy.

What is the Treatment?

Treatment is aimed at decreasing the inflammatory process and immune response.

- Immunosuppressive medications. Most commonly used is corticosteroids such as prednisone.
- Blood pressure control with ACE Inhibitors or ARBs
- FDA approved clinical trial medications

**see our website for more information on clinical trials

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Prognosis

Prognosis depends on the amount of protein in your urine. Little to no proteinuria (less than 1000 mg/day) is associated with a low risk of progression. Those with progressive proteinuria over time have long term effects and experience a decrease in kidney function. This patient population has approximately a 15-20% chance of progression to end-stage renal disease at 10 years, and a 20-30% chance at 20 years

Incidence in US

IgA Nephropathy in the United States affects about 2.5 of 100,000 people thus is classified as a Rare Disease.

Become a Member

Learn more about membership and benefits.

www.igan.org/membership

Signs and Symptoms

Each person experiences a different set of symptoms from IgAN. Some of the most common symptoms include hematuria (having blood in the urine) making it brown or red in color and proteinuria (protein in your urine), this leads to a frothy appearance of your urine.

Other symptoms may include:

- Lower extremity swelling
- Fatigue
- High blood pressure

Who is affected?

- More common in Asian and Caucasians.
- Rare among African American population.
- In America it is twice as common in males than females.
- Most common age affected is adolescence to those in their 30s, but can present at any age.

Lifestyle Modifications

- Blood pressure control
- Limit dietary sodium to 2g/day
- Diet low in saturated fat and cholesterol.
- Adopting a plant-based diet

**Always consult with your Nephrologist before making lifestyle and dietary changes.