

Living with IgA Nephropathy?

10 Tips

to Support Your Kidneys

If you have IgA Nephropathy (IgAN), it can feel scary. Taking these and other steps can help you feel more in control of your health and slow declines in your kidney function.



Map out a plan with your health care team to routinely check your kidney function, heart health, and other health measures. Don't skip follow up visits, even if you are feeling fine.



Get quality sleep.



Keep tabs on your blood pressure and try to get to your target goal.



Get moving. Exercise is good for your body and mind.



Manage other health conditions. If you have diabetes, keep your blood sugar low.



Set limits and lower stress.



Take your medicines as directed. Many work to lower blood pressure and reduce protein in the urine.



Find your village at igan.org. You are not alone.



Quit smoking if you do.



Follow a healthy diet low in unhealthy fats and salt (sodium).

- ✓ Learn more.
- ✓ Ask questions.
- ✓ Play an active role in your care.

How your IgAN is best managed will change over time. Visit igan.org for support, information and tools for managing IgAN, coping and more.

Presented by:



**IGA NEPHROPATHY
FOUNDATION**