

Treating IgA Nephropathy



Treatment plans for **IgA nephropathy** seem to vary depending on the patient, which can be confusing for people living with the disease. In 2021, Kidney Disease: Improving Global Outcomes (KDIGO) released new guidelines for the treatment of IgA nephropathy.

Please consider sharing this information with your doctor at your next visit.

What is KDIGO?

KDIGO is a global organization made up of experts who translate scientific advances into medical practice recommendations and observations for physicians and patients.

How is disease activity/severity monitored?

Proteinuria, or increased levels of protein in your urine, is a measurement of disease activity and severity in IgA nephropathy. A primary goal of treatment is stopping or lowering proteinuria to prevent permanent kidney damage.



What is the first line of treatment for IgA nephropathy?

Initial treatment for all patients with IgA nephropathy, regardless of disease severity, includes:

- Blood pressure management
- Maximally tolerated dose of medicine to assist with blood pressure management (typically with an angiotensin converting enzyme [ACE] inhibitor or angiotensin receptor blocker [ARB])
- Minimizing heart disease risk
- Initiate and maintain lifestyle changes (limiting salt intake, smoking cessation, weight control, exercise as recommended)



After 90+ days of consistent treatment (which includes first-line treatment as described above), patients who still have proteinuria levels above 0.75 to 1 g/day will be considered at high risk and likely be recommended to:

- Consider participating in a clinical trial for new treatments in development
- If appropriate, take a 6-month course of steroid (glucocorticoid) treatment (risks include weakened immune system)



Some things that could complicate your IgA nephropathy treatment plan include:

- IgA nephropathy with nephrotic syndrome (NS)
- IgA nephropathy with acute kidney injury (AKI)
- IgA nephropathy with rapidly progressive glomerulonephritis (RPGN)



Disclaimer: KDIGO 2021 Clinical Practice Guideline for the Management of Glomerular Diseases are subject to change. Please visit the KDIGO website for latest information: <https://kdigo.org/guidelines/>

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