

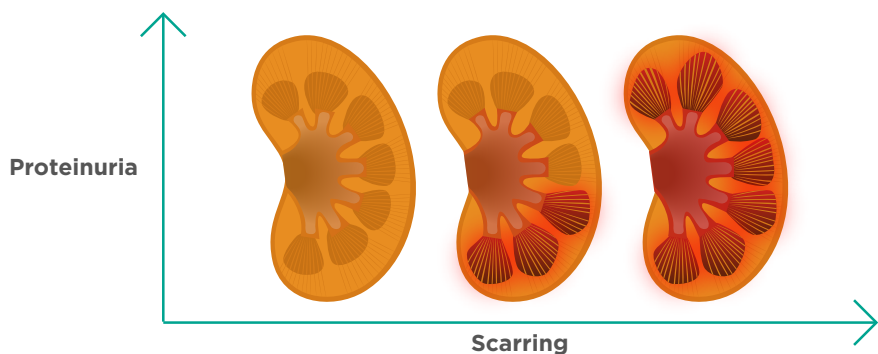
WHAT IS PROTEINURIA?



The kidneys are two bean-shaped, fist-sized organs situated at the lower portion of your back, one on each side of the spine.¹ Their main job is to filter waste out of the blood. Glomeruli are a network of blood vessels that function as “cleaning units” because they filter waste and help keep important proteins in the body.² There are approximately 1 million glomeruli, or filtering units, in every kidney. If the filtering units aren’t working properly, you may experience **proteinuria** (pro-tein-uria), increased levels of protein leaking into your urine or **hematuria** (he-ma-tu-ria), blood leaking into your urine.^{3,4} In **immunoglobulin A (IgA) Nephropathy**, a rare kidney disease, proteinuria and hematuria can be indicators that your kidneys aren’t working properly.⁵

PROTEINURIA AND IGA NEPHROPATHY:

- IgA Nephropathy is a rare kidney disease. It occurs when an abnormal form of IgA – a protein in your blood that helps your body fight infections – builds up in your kidneys and disrupts their ability to filter waste from your blood.⁶
- IgA kidney disease can lead to increased proteinuria and permanent kidney scarring.⁶
- If you are experiencing symptoms of proteinuria, talk to your doctor about further testing. The only way to confirm if you have IgA Nephropathy is through a kidney biopsy.⁶



As proteinuria levels increase, kidneys may scar more, which can lead to irreversible damage.⁶

PROTEINURIA: THE BASICS

- Proteinuria can be a sign of kidney damage. The less protein in your urine, the better.⁷
- Symptoms of proteinuria may include foamy urine, swelling in the face, legs, or abdomen, elevated blood pressure or high cholesterol.³
- Not everyone with proteinuria will experience these symptoms. However, you should still closely monitor your levels.
- Monitoring proteinuria levels is important because elevated levels over time can lead to permanent kidney damage.⁸

GET CHECKED



- A **simple urine test** at the doctor’s office can reveal if someone has **elevated levels of proteinuria**.³
- People with high levels of proteinuria should have **regular check-ups with a kidney doctor (nephrologist)**.
- The goal of the kidney doctor should be to **stop or lower proteinuria** with medication to prevent damage to the kidneys.⁹
- A kidney doctor can help **diagnose kidney disease, monitor your proteinuria levels** through regular lab work and help you understand how to read your lab results.¹⁰
- If you take medicine for your kidney disease, the medicine should be working to lower proteinuria. **Lower levels of protein in the urine may tell your doctor if the medicine is working** to stop damage to your kidneys.¹¹