

NAVIGATING DISCUSSIONS WITH YOUR DOCTOR



Whether you or a loved one has been diagnosed with IgA nephropathy, this resource provides you with sample questions to ask your doctor—so you can make the most out of the conversation and keep track of your kidney health.



Chart your course

Working together with your doctor can help you to better understand kidney health management. For example, proteinuria occurs when an increased level of protein spills into the urine and can be a sign of a worsening kidney disease if it's persistently high.^{1,2} Tracking proteinuria levels with your doctor allows you to establish tangible goals for your kidney health.²

Appointments and lab work

- How often will I have appointments with you?
- What kinds of tests do I need to monitor my kidney health?
- How often will these tests need to be done?
- Should I be taking my blood pressure at home? If yes, what is a normal range and how frequently should I take it?

Healthy lifestyle habits

- What are some exercise tips that can help support my kidney health?
- Should I be watching my salt intake?
- Do I need to see a dietitian or nutritionist?
- Is there a website or kidney-friendly cookbook that you would recommend?
- What resources would you recommend for my holistic health or mental wellness?

Notes

► **Discuss your kidney health goals and expectations with your doctor.**

Term to remember

Proteinuria (*pro-teen-yur-ee-uh*): increased amounts of protein spilling into urine¹



Track your progress

Keeping track of any health changes will help guide an informed discussion with your doctor.

Test results

- What would be helpful for me to track between appointments?
- What do my latest test results mean?
- Which part of my results are the most important for me to understand?
- Is there anything I can do to improve my test results?
- How do my “numbers” relate to my current symptoms and my long-term kidney health?

Changes in wellness

- Are there any changes in my health or symptoms that I should be on the lookout for?
- Am I likely to develop any other health problems/ conditions because of my kidney disease?

► **Everyone's journey can be different. Make sure you talk to your doctor about your condition before making any changes.**



Share your journey

Your doctor is one of the most important partners you will have on your kidney health journey. Being open and honest can go a long way when discussing your disease management.

Understanding my treatment plan

- What are the goals of my treatment plan?
- How does my current treatment plan help protect my kidneys?
- Do you think my current treatment plan is helping me achieve my goals?
- Can you explain any potential side effects from this treatment plan?

Notes

Notes

Explore more ways to guide conversations with your doctor.



References: 1. Mayo Clinic. Protein in urine. Accessed September 2022. <https://www.mayoclinic.org/symptoms/protein-in-urine/basics/definition/sym-200506562>. 2. Kidney Disease: Improving Global Outcomes (KDIGO) Glomerular Diseases Work Group. KDIGO 2021 Clinical practice guideline for the management of glomerular diseases. *Kidney Int.* 2021;100(4S):S1-S276.