



# A caregiver's guide to supporting C3G Patients

Supporting someone living with complement 3 glomerulopathy (C3G) requires an understanding of the disease's challenges, as well as strategies to manage its impact on physical, emotional, and social well-being.



C3G is a *rare condition* that affects how well a person's kidneys work. It will impact individuals living with C3G on many different levels. Your role as a caregiver can range from helping manage schedules and medical appointments to helping with day-to-day activities like assisting with chores, meals, and other lifestyle factors and supporting them through the emotional impact C3G can have.



Caring for someone with C3G, whether you are a parent, family member, partner, or friend, is an important job. Your role is essential in supporting someone through the challenges of this condition. At the same time, it is equally important that you prioritize and practice self-care and maintain your own well-being.

## HERE ARE 6 TIPS FOR CAREGIVERS TO BEST SUPPORT THOSE LIVING WITH C3G:

1

### Educate yourself by understanding C3G and the impact of the disease.

#### • C3G DISEASE OVERVIEW

- C3G is a rare disease that affects how well a person's kidneys work by having abnormal deposits of a complement protein called C3 in the filtering units of the kidneys. A rare disease is a disease that effects fewer than 200,000 people in the United States.
- C3G causes damage to structures in the kidneys called glomeruli which help the kidneys filter waste and extra fluid out of the blood. Kidney damage from C3 glomerulopathy can be serious and lead to kidney failure.

#### • KIDNEY FUNCTION:

- C3G primarily affects the kidneys, leading to issues like proteinuria (protein in the urine), decline in kidney function, and progressive kidney failure. Other related issues include high blood pressure, swelling, and feeling weak and tired.

#### • EMOTIONAL IMPACT:

- Living with C3G can impact mental and emotional health. Depression, anxiety, and other mental health issues are common in people with kidney disease.

#### • LIFESTYLE ADJUSTMENTS:

- Dietary changes, new medicines, medicine adherence, and regular doctor's visits to monitor kidney function may be necessary.

2

## Communicate openly and often to offer emotional support.

- Discuss concerns, feelings, and any challenges that they are facing and respect the individual's needs. This may change over time, especially as the condition progresses.
- Listen actively, validate their emotions, and provide a supportive environment.

3

## Support lifestyle changes and new routines.

- Assist with meal planning and preparation for any dietary restrictions. For example, they may need to follow a [kidney-friendly eating plan](#).
- Encourage and help with medicines and medicine management.
- Encourage healthy habits like movement/exercise and stress management like practicing relaxation and mindfulness techniques.
- Encourage connection with other people living with C3G through support groups or other peer resources.

4

## Help manage overall health and doctor's visits.

- Keep a calendar of all medical appointments and write down any questions before appointments to help you stay organized.
- Help track symptoms, and any medicine side effects.

5

## Prepare for long-term disease management.

- C3G is a chronic condition, which means individuals will live with it their whole life.
- Since C3G is a progressive disease, understand the long-term effects and medical needs which can include starting dialysis or a kidney transplant.
- Consider the financial impact. The cost of living with a rare disease can be significant. Learn about insurance options or [financial resources that could be available](#).

6

## Practice self-care.

- There can be an emotional toll from being a caregiving and it's important to balance your own self-care routine with your caregiver duties. Here are some tips that can help:
  - Seek support from other caregivers
  - Take care of your own health so you can help take care of your loved one
  - Prioritize exercise, healthy eating and getting adequate sleep
  - Accept help from others
  - Get professional help when you need it, such as meeting with a therapist to help you navigate your feelings
  - Take breaks throughout your day
  - Keep legal documents organized and in a safe place
  - Take time to reflect on how hard it can be to be a caregiver and give yourself credit for doing your best



To learn more about C3G visit: [kidneyfund.org/C3G](https://kidneyfund.org/C3G)

