

PROTEINURIA PROGRESSION:

What Every IgAN Patient Needs to Know

IgA Nephropathy and Proteinuria

Proteinuria or protein in the urine (pee) is when there is too much protein in your urine, often due to kidney damage that prevents the kidneys from filtering properly. **It can be a sign of:**

- Kidney damage
- Progressive kidney disease

IgA nephropathy (IgAN) is a disease that causes inflammation (swelling) and damage to the kidneys. For individuals with IgAN, regular monitoring of protein levels in urine is essential. Proteinuria is a key indicator of disease progression—the more protein in your urine, the higher the risk of kidney failure.


- Some people experience a slow progression and may never reach kidney failure.
- Others may see rapid disease progression, leading to kidney failure within months.

If you have IgAN, working closely with your healthcare team to track proteinuria can help manage your condition and slow disease progression.

Proteinuria testing: How does it work?

URINE ALBUMIN-TO-CREATININE RATIO (uACR):

The uACR is a common test to measure proteinuria in the urine.

- 1 You will give a small sample of urine** (about two tablespoons).
 **NOTE:** Drink water before your doctor's appointment so you're prepared if you need to provide a urine sample.
- 2 Your urine sample is sent to a lab to see the amount of albumin** (the main protein in your blood) **and creatinine** (a waste product in your blood that comes from your muscles).
- 3 Your doctor will compare these levels to figure out your uACR.** This ratio can indicate the level of damage in your kidneys. While measured at one point in time, the resulting ratio is approximately equal to the amount of albumin excreted in a day.



HAVING ANY AMOUNT OF PROTEIN IN YOUR URINE CAN BE A SIGN OF KIDNEY DISEASE.

If you have IgAN, the amount of protein in your urine can indicate how likely you are to progress towards kidney failure. Talk to your doctor about your most recent uACR test results and what the results may mean for your kidney disease. If you have not had a uACR test before, talk to your doctor about getting one done and incorporating the test into your monitoring strategies.



PROTEINURIA LEVELS: WHAT DO THEY MEAN?

Normal to mildly increased: <30 mg/g or <3mg/mmol

✓ little to no kidney damage

Moderately increased: 30-299 mg/g or 3-29mg/mmol

⚡ mild to moderate kidney damage

Severely increased: ≥300 mg/g or ≥30 mg/mmol

⚠ severe damage or kidney failure



Since you may not have immediate signs and symptoms of proteinuria, it's important to talk to your healthcare provider about regularly monitoring your proteinuria levels.



Proteinuria Symptoms

While there are not always symptoms of proteinuria, the following **can indicate high levels of protein in your urine:**

- Swelling in your face, belly, feet or ankles
- Urinating (peeing) frequently
- Shortness of breath
- Being tired frequently
- Nausea or vomiting
- Lack of hunger
- Puffy eyes
- Foam or bubbles in your urine



If you have any of these symptoms, it's important to tell your healthcare provider. Having ongoing conversations about proteinuria with your healthcare team is key especially since you may not have immediate signs of proteinuria in the early stages. **Talk about a plan to regularly monitor your proteinuria levels.**



To learn more about IgA Nephropathy visit:
<https://www.KidneyFund.org/IgAN>