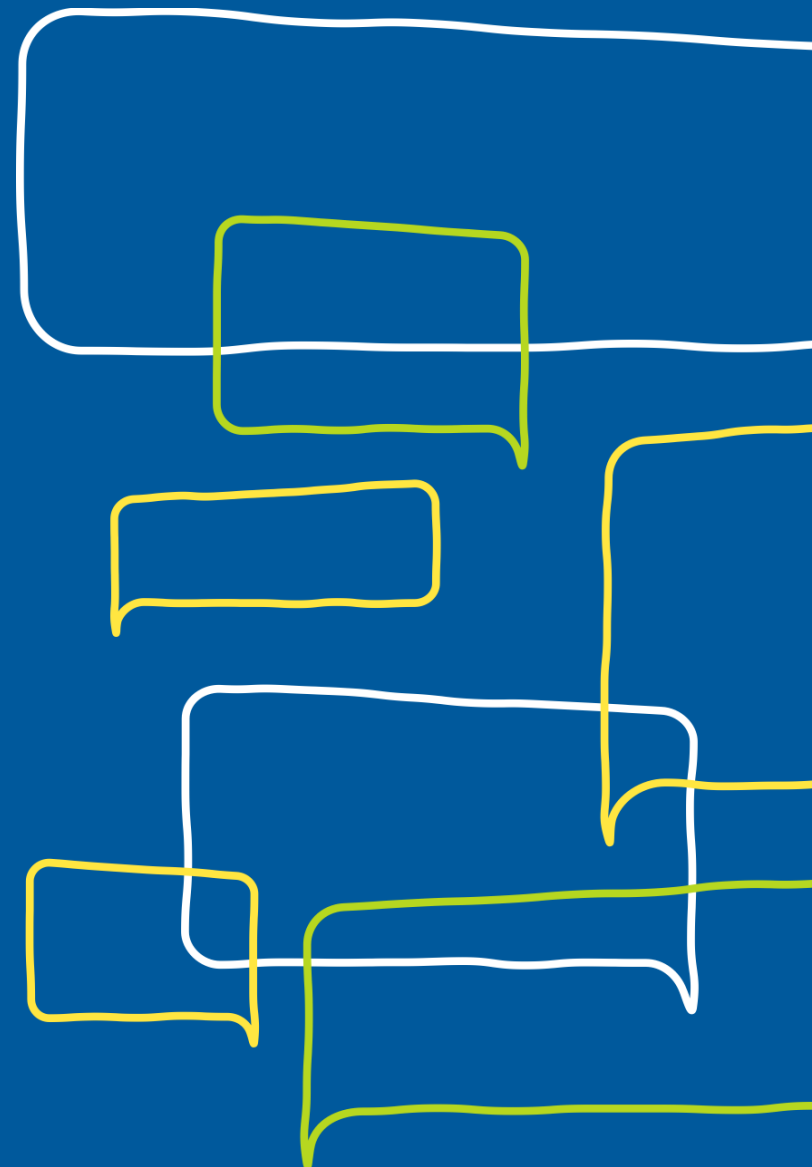




Looped in on Lupus Nephritis: What You Need to Know

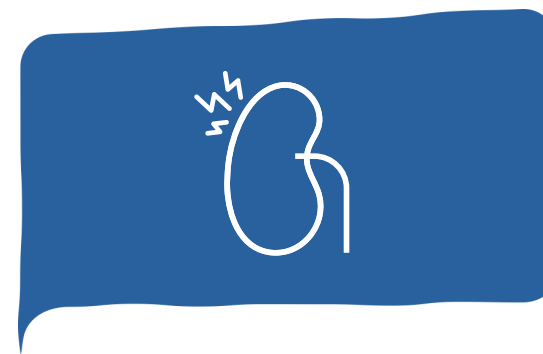
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Lupus Nephritis Basics



What is lupus nephritis?

- **Lupus** is a chronic (long-term) disease that can cause inflammation and pain in any part of the body.
- Lupus is an autoimmune disease, which means that the immune system—the body system that usually fights infections—attacks healthy tissue and organs instead.
- **Lupus nephritis** is when a person's immune system attacks their kidneys.
- This causes the kidneys to become inflamed, and it can lead to kidney damage.



Who can get lupus nephritis?

- Lupus nephritis only affects people who have lupus.
- It can take a long time to get a lupus diagnosis—so some people don't know they have lupus.
- That's why it's important for **everyone** to know the signs of lupus nephritis.

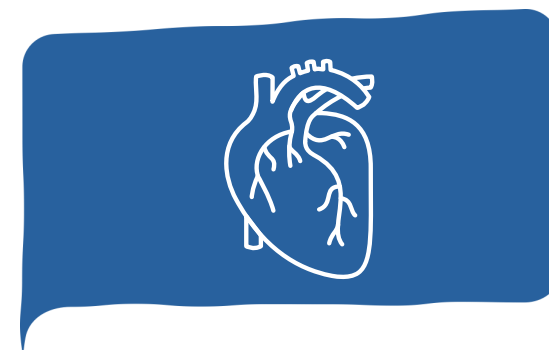


Signs and symptoms of lupus nephritis

- Common signs and symptoms of lupus nephritis include:
 - Weight gain
 - Fatigue (feeling tired)
 - Swelling in joints, legs, ankles, feet, hands or face
 - Pain in muscles or joints
 - High blood pressure
 - Fever
 - Red rash on face
 - Urinating (peeing) more often than usual, especially at night
 - Urine (pee) that is foamy, is bubbly or has blood in it

Complications of lupus nephritis

- Lupus nephritis can have serious complications, including **kidney failure** or **end-stage kidney disease**—when a person's kidneys stop working.
- People with lupus nephritis also have a higher risk of developing certain types of cancer, heart problems and blood vessel problems.



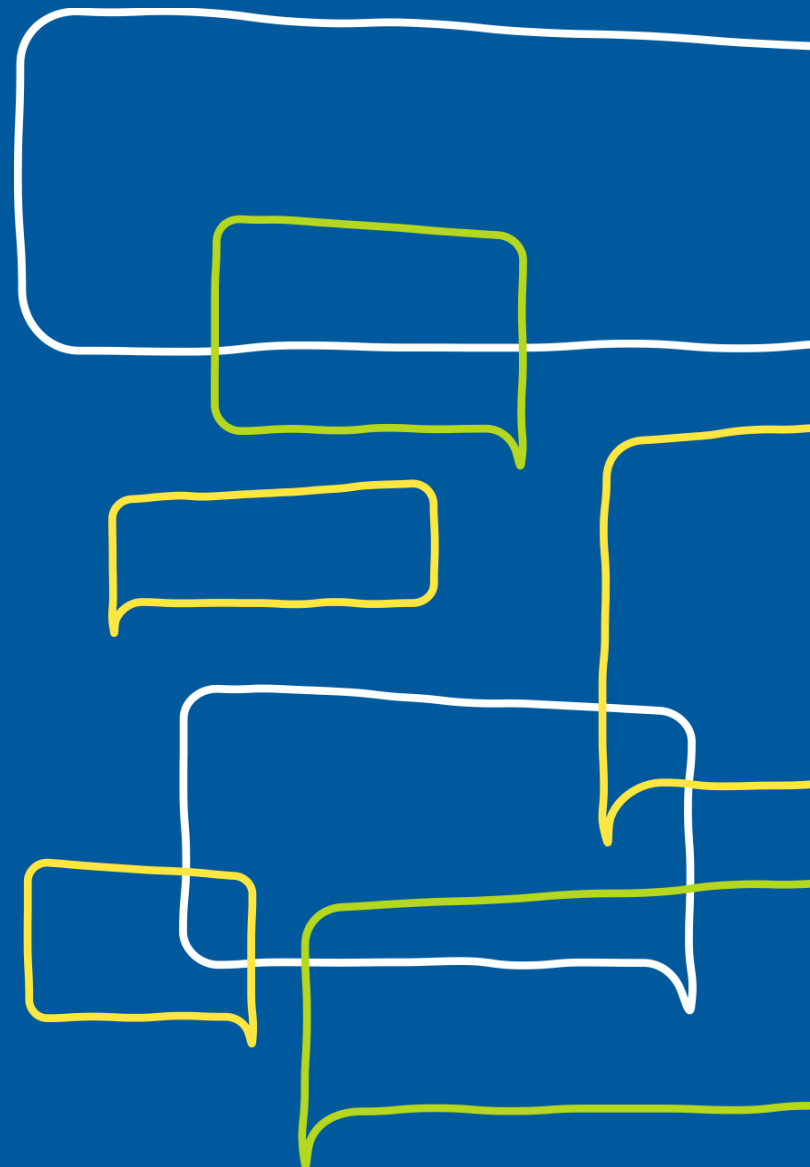
How is lupus nephritis related to chronic kidney disease?

- **Chronic kidney disease** is damage to kidney structure or function that lasts for three months or more. This can include damage caused by lupus nephritis.



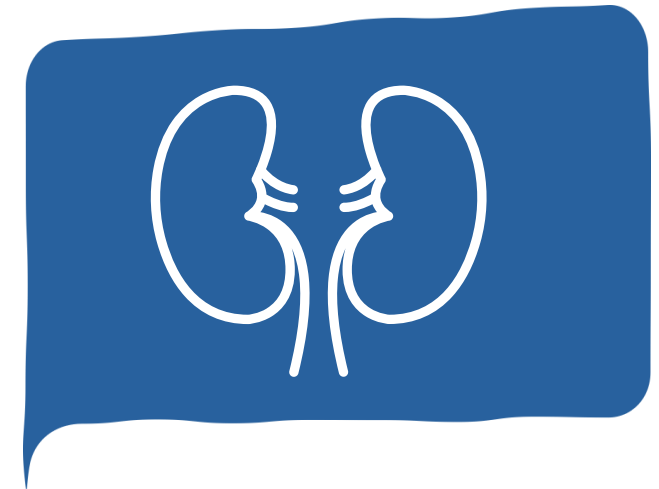
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Lupus Nephritis Diagnosis



Tests to diagnose lupus nephritis

- To find out if a person has lupus nephritis, health care professionals test the person's **kidney function**.
- Tests used to diagnose lupus nephritis include:
 - **Urine tests**
 - **Blood tests**
 - **Kidney biopsy**—when a doctor looks at a tiny piece of the kidneys under a microscope
 - **Imaging tests** like ultrasounds or CT (computed tomography) scans

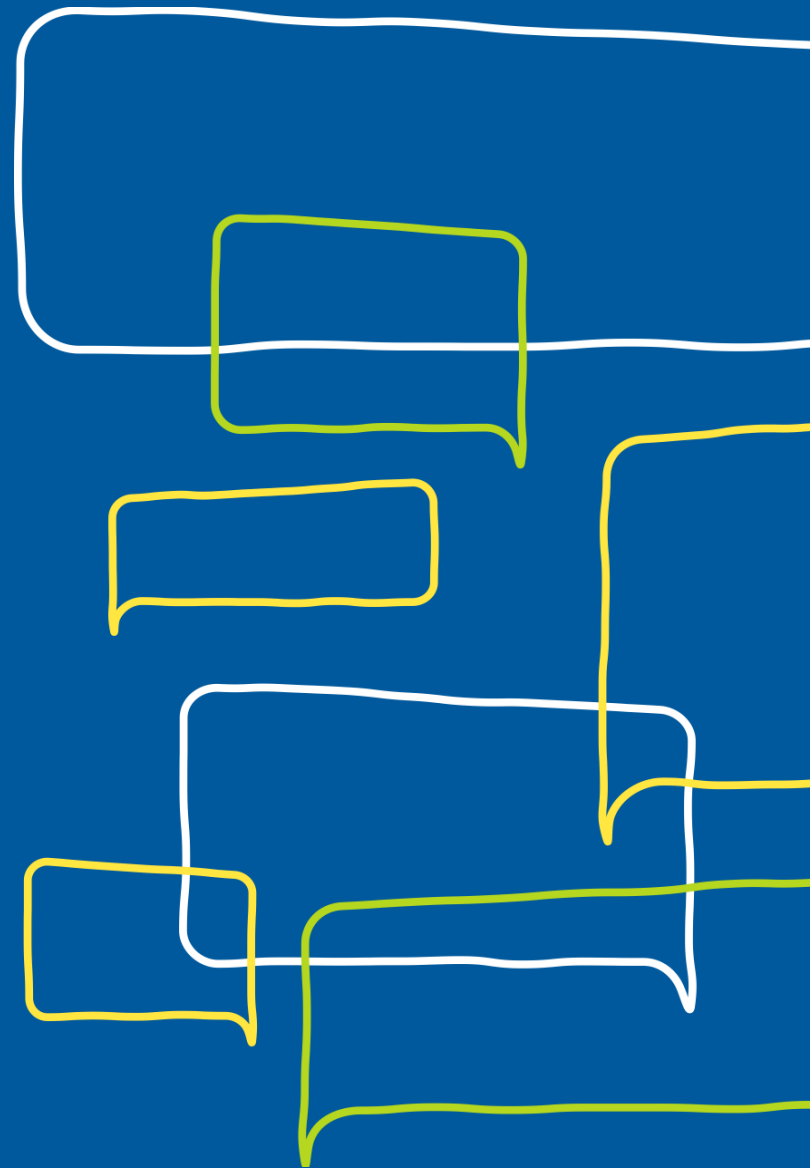


Ask the doctor about kidney function testing

- Finding and treating lupus nephritis early can help prevent serious kidney damage.
- Experts recommend that people with lupus get kidney function testing **at least once a year**.
- If you have lupus, ask your health care professional: “How often should I get my kidney function tested?”
- Whether you have lupus or not, ask your health care professional about kidney function testing:
 - If you notice **signs or symptoms** of lupus nephritis
 - If you have a **family history** of lupus nephritis

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Lupus Nephritis Treatments



Treatments for lupus nephritis

- People with lupus nephritis typically need to take medicine to help prevent further kidney damage.

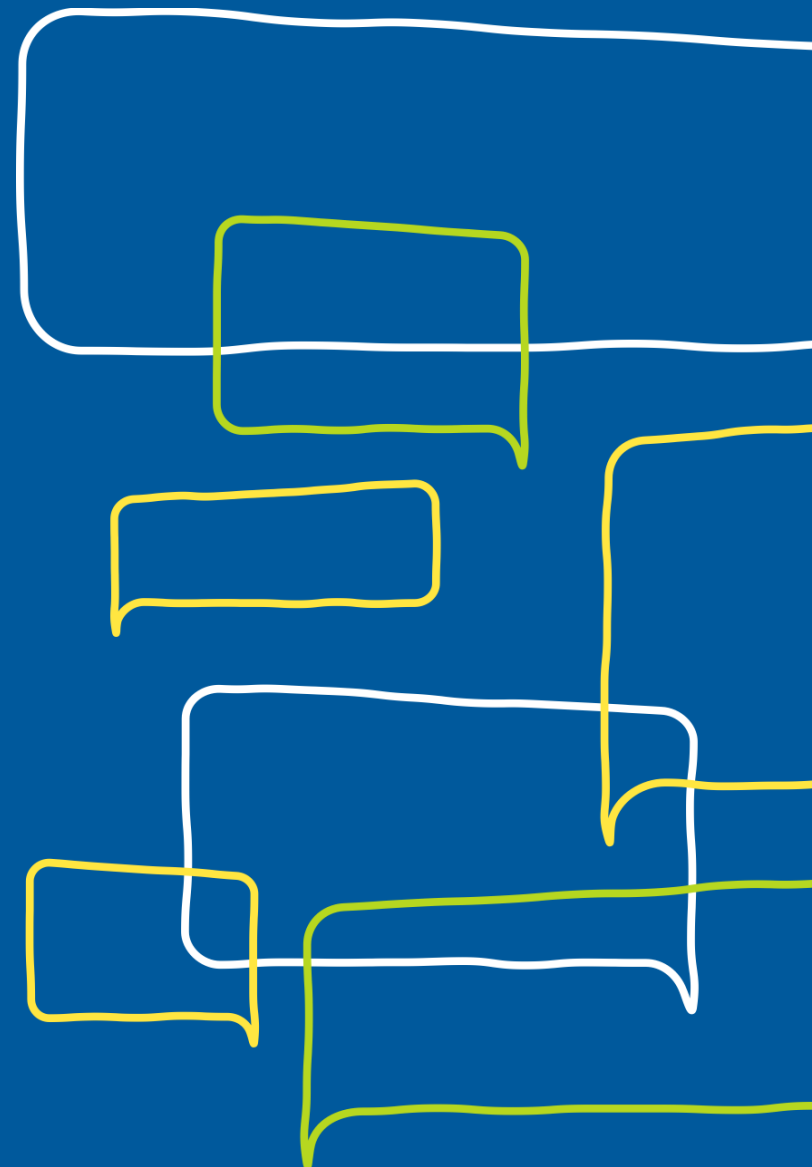


Medicines used to treat lupus nephritis

- Medicines used to treat lupus nephritis include:
 - **Immunosuppressants** to weaken the immune system so that it can't damage the kidneys as much
 - **Medicines to lower blood pressure**
 - **Diuretics** (water pills) to help the body get rid of fluid
 - **Newer medicines** to reduce inflammation

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Lupus Nephritis Prevention and Management

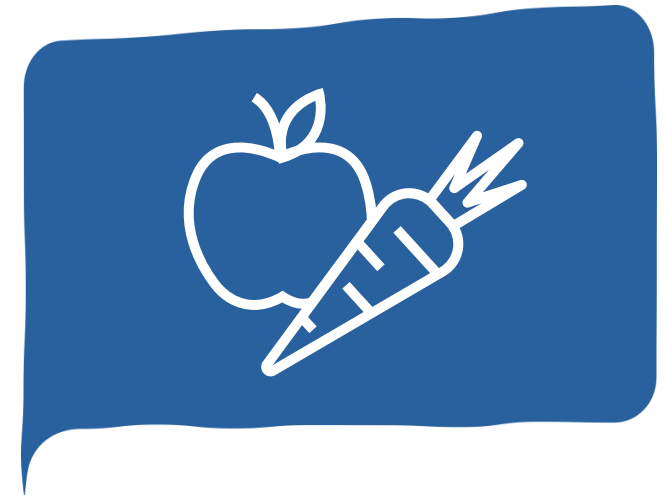


Ways to protect kidney health

- If you have lupus, you can protect your kidney health by:
 - Getting your kidney function tested at least once a year
 - Eating kidney-friendly foods
 - Working with a team of health care professionals
 - Keeping a lupus journal
- These steps can help you prevent lupus nephritis—or prevent further kidney damage if you already have lupus nephritis.

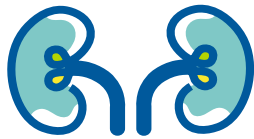
Eat kidney-friendly foods

- Eat foods that support kidney health, including:
 - Foods low in sodium (salt), phosphorous and potassium
 - Whole grains
 - Fresh fruits and vegetables
- Limit sugary drinks.
- Limit protein and fluid intake if your doctor recommends it.
- Check out AKF's Kidney Kitchen[®] at kitchen.kidneyfund.org.



Build a team of trusted health care professionals

- People with lupus usually need a team of health care professionals, including specialists like these:



Nephrologist

Kidney doctor



Rheumatologist

Doctor who treats
autoimmune diseases



Cardiologist

Heart doctor

Work together with your care team

- Open communication with your care team is key.
- To get the best care, you can:
 - Make a list of your health care professionals and share it with everyone on your care team.
 - Tell each professional about all medicines you're taking.
 - Ask a caregiver or loved one to join you for appointments.
 - Take time to write down questions and information to share with the health care professional before each appointment.
 - Remember that it's okay to get a second opinion or switch to a new health care professional.



Keep a lupus journal

- Keep a lupus journal and bring it to doctor's appointments.
- Write down information like:
 - Medicines and side effects
 - Test results
 - Lupus symptoms, flares (times when lupus symptoms get worse or new symptoms appear) and triggers (changes that seem to bring on a flare)
 - Changes in mental health or how you feel
 - Questions to ask health care professionals



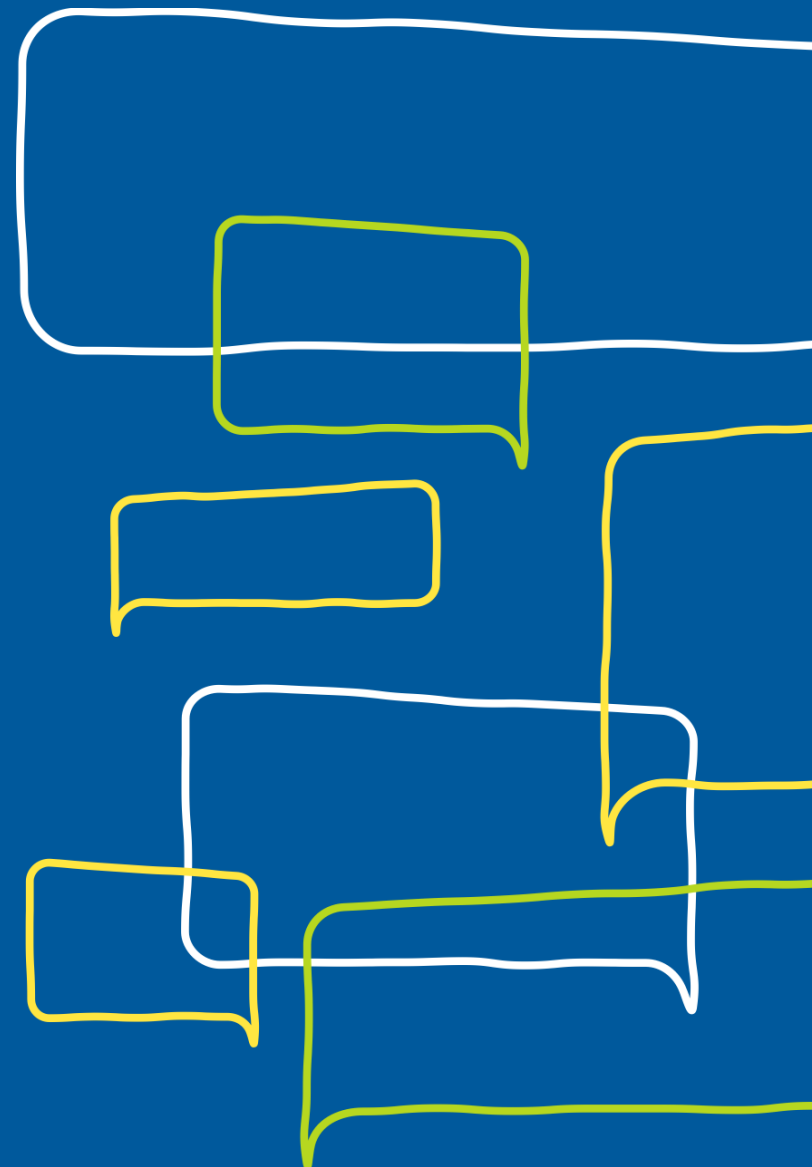
Take care of your overall well-being

- You can manage stress and practice self-care by:
 - Practicing meditation or deep breathing exercises
 - Getting enough sleep
 - Staying active—for example, by walking, practicing yoga or doing resistance training
 - Spending time outside
 - Exploring creative activities like painting, crafting or sewing
 - Limiting alcohol and caffeine
 - Connecting with supportive people—like caregivers, loved ones, a faith community, a mental health professional or a support group



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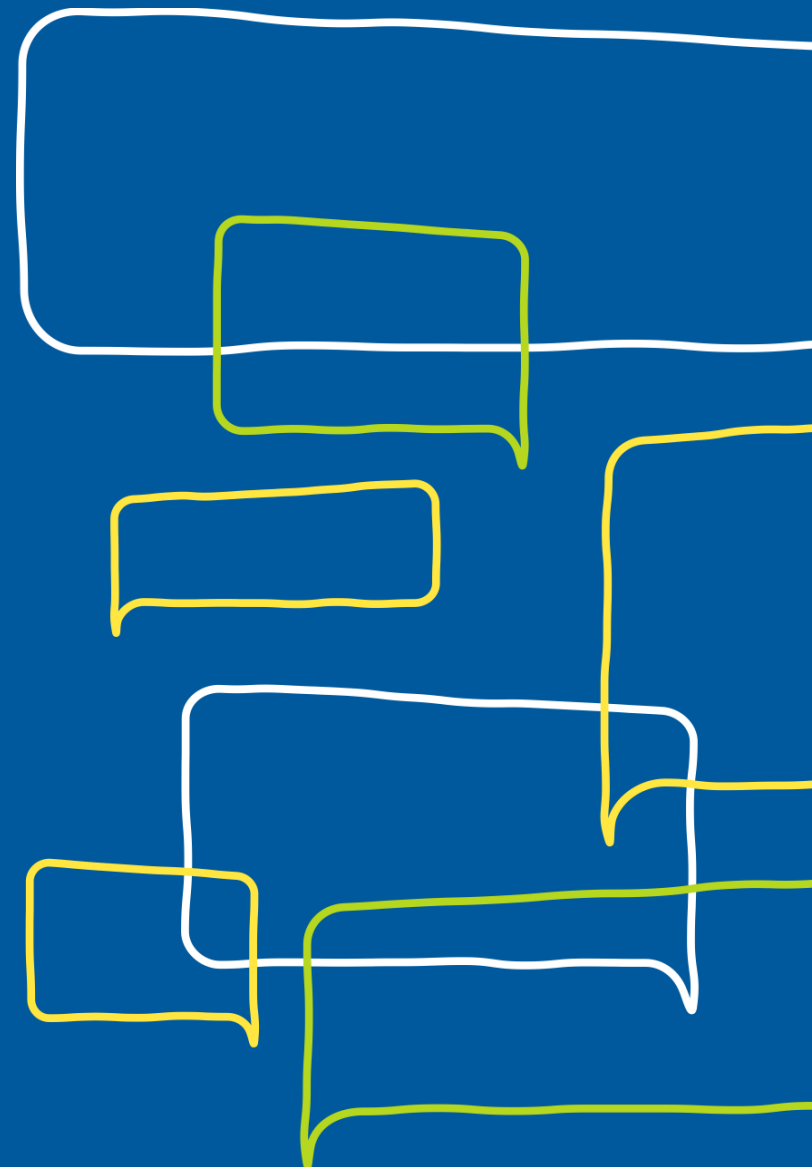
Wrap-Up



Key takeaways

- Lupus nephritis is when a person has lupus and their immune system attacks their kidneys.
- Ask your doctor about kidney function testing if you have lupus, signs of lupus nephritis or a family history of lupus nephritis.
- If you have lupus, you can protect your kidney health by:
 - Getting your kidney function tested at least once a year
 - Eating kidney-friendly foods
 - Working with a team of health care professionals
 - Keeping a lupus journal
 - Managing stress and practicing self-care

Questions?



Learn more about lupus nephritis

Check out these resources from the American Kidney Fund to learn more:

- [Looped in on Lupus Nephritis handout](#)
- [Looped in on Lupus Nephritis webpage](#)

Want to talk? Get in touch!

- [KHC Name]
 - Email:
 - Phone number:





Thank you!
**Please take a moment and
complete our quiz and
evaluation form.**

<https://www.surveymonkey.com/r/YTNBK56>

