

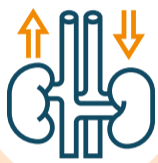
IgA Kidney Disease

A Common Cause of
Chronic Kidney Disease in Asians



YOU MAY HAVE HEARD

Chronic kidney disease (CKD) is due to diabetes and hypertension, but what about other types of CKD? Asians are at higher risk of developing a kind of kidney disease called IgA kidney disease, which is one of the most common rare forms.



What Do Our Kidneys Do?

The kidneys have tiny filters that help to clean our blood, but in kidney disease these filters become damaged. If left untreated, the kidneys may lose their ability to filter wastes from the body.

When the kidneys are so severely damaged, the only treatment option is dialysis and/or kidney transplant.



IgA Kidney Disease

IgA kidney disease is a condition where the body attacks itself, also known as an autoimmune disease, that affects the kidneys. Normally, IgA is an antibody produced by the body to fight infection, but IgA kidney disease causes abnormal IgA antibodies leading to inflammation, damage, and kidney failure.

HOW CAN YOU KEEP YOUR KIDNEYS HEALTHY?



01 Talk to Your Doctor

- Speak with your doctor about your kidney health and if you are at risk for CKD
- Consider requesting kidney labs if your doctor tells you you're at risk



02 Proper Nutrition

- Watch your salt intake. Sauces commonly used in Asian cooking are very high in sodium
- Watch for extra oils and fats like fried foods
- Stay hydrated and drink plenty of water