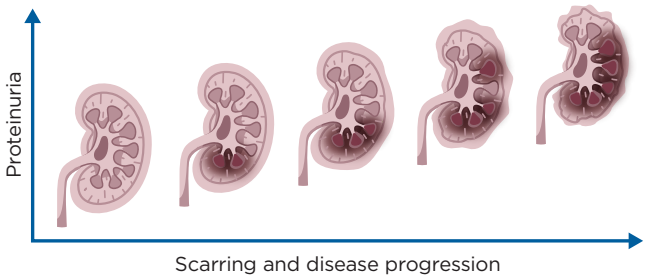
Managing proteinuria in IgA nephropathy

When managing your IgA nephropathy (IgAN), **reducing urine protein (proteinuria)** is one of the main goals.[1]

It is important to consult your doctor and create a plan to lower or maintain your proteinuria levels in order to protect your kidneys.



As proteinuria levels increase, kidneys may scar more, leading to **irreversible kidney damage**.[2]

While there is currently no cure for IgA nephropathy, a person can slow the progression of their IgA nephropathy by lowering their proteinuria levels to 300 mg/day or less, which is referred to as complete proteinuria remission.[3]

The table below explains what various levels of protein in the urine mean for your health.

Interpreting your proteinuria lab values[4]

Amount of protein in your urine	Classification	What does this mean?
300 mg/day or less 0.3 g/day or less	Complete proteinuria remission	There is very little protein leaking into your urine
More than 300-500 mg/day More than 0.3-0.5 g/day	Moderately increased	Protein levels in your urine are moderately higher than normal, and could be causing damage to your kidneys
More than 500-3500 mg/day More than 0.5-3.5 g/day	Severely increased	Protein levels in your urine are high and could be causing irreversible damage to your kidneys
More than 3500 mg/day More than 3.5 g/day	Nephrotic-range	Protein levels in your urine are very high, which can lead to serious irreversible kidney damage

Sometimes, proteinuria values are expressed as mg/g (mg of protein per gram of creatinine), rather than mg/day. As a rule of thumb, you can find an estimate by multiplying the "per day" measurement by 0.7 (e.g. 300 mg/day x 0.7 ≈ 210 mg/g).

Talk to your doctor to better understand your proteinuria levels and actions that you can take

If you experience a prolonged increase in proteinuria levels after maintaining remission for a prolonged period of time, it is referred to as a **flare-up**, also known as relapse.[5,6]

If you experience flare-ups, **there is hope**.

It is important to adhere to your treatment plan and discuss with your doctor how to continue to **manage and reduce your proteinuria levels to slow further kidney damage**.

References:

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5. Laranjinha I, et al. IGA nephropathy - Are intravenous steroid pulses more effective than oral steroids in relapse prevention? *Nefrologia.* 2018;38(4):355-360.
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