

Tracking Your Treatment

Use this worksheet to keep track of how you are managing your IgA Nephropathy and record treatments you've already tried. This information can help you and your health care providers make more informed decisions about your treatment.

When were you first diagnosed with IgA Nephropathy? ____ / ____ / ____

Was it confirmed with a biopsy? Yes / No

What stage of kidney disease are you in? If you don't know, ask your nephrology care provider.

- Stage 1: Slight kidney damage with normal kidney function
- Stage 2: Mild loss of kidney function
- Stage 3: Moderate to severe loss of function
- Stage 4: Severe kidney damage, loss of function
- Stage 5: Advanced disease, on dialysis or awaiting kidney transplant

What treatments have you tried to manage IgA Nephropathy and feel better?

Specific medications or treatments, including changes to your diet or exercise routine	When did you start this treatment	Are you still taking this medication or working on making healthy lifestyle changes? If no, when did you stop?	Notes, including why you stopped certain treatments, side effects or other observations you'd like to share with your nephrology team
		Yes / No	
		Yes / No	
		Yes / No	
		Yes / No	
		Yes / No	

Tracking Your Treatment cont.

What side effects of treatment concern you most?

What other health conditions do you have?

1. _____
2. _____
3. _____
4. _____

Make sure you know who you should contact if you have questions or issues with your treatment in between visits. Write down your first point of contact and whether it's best to call, send a note through an online portal, or connect in some other way.

Learning more about your options

It's important to learn about IgA Nephropathy and play an active role in your care. Here are some questions you might want to ask:

- Are there guidelines that are used to help prioritize treatments for people with IgA Nephropathy?
- Will one treatment give me more peace of mind than another when it comes to slowing declines in kidney function?
- When would treatment need to start? How quickly we know if it's working?
- How will we track my progress and kidney function over time to help see if the treatment is working?
- Will I need to travel for treatment?
- Is there value in participating in a clinical trial?
- What about some of the newer therapies available or in study that are designed specifically for IgA Nephropathy?

For more information about making treatment decisions or for worksheets to help weigh the pros and cons of certain therapies or track your labs and kidney health, visit igan.org.

