

# LUPUS NEPHRIITS

## Take home facts...

- Lupus Nephritis happens when Lupus affects the kidneys
- Lupus is an autoimmune disease
  - SLE – can affect many organs (including the kidney)
  - Discoid lupus – affects the skin
- More common in women ages 20 to 40
- Symptoms of Lupus Nephritis
  - High blood pressure (hypertension)
  - Dark colored urine (blood in urine or hematuria)
  - Foamy urine (proteinuria)
  - Swelling in arms, legs, face (edema)
- If Lupus Nephritis is suspected – you should be referred to a Nephrologist (Kidney doctor)
  - Testing that may be done:
    - Blood tests
    - Urine tests
    - Kidney Biopsy
- Treatment goals – to preserve kidney function
  - Depends on disease severity
    - Kidney function (blood and urine tests)
    - Kidney biopsy (lupus can damage different parts of the kidney leading to different treatment options)
- Treatment Varies:
  - Nothing – watch labs, urine studies, blood pressures
  - Steroids
  - Cyclophosphamide
  - Mycophenolate Mofetil

<http://kidney.niddk.nih.gov/kudiseases/pubs/lupusnephritis/>