



All About Lupus Nephritis

Lupus nephritis is inflammation in the kidneys that can make them stop working. When the kidneys aren't working well, waste builds up in the blood and extra water builds up in the body.

Studies have shown that up to 60% of lupus patients will develop lupus nephritis, including over half of children with lupus. We've created a snapshot of some key things you need to know about lupus nephritis— symptoms, diagnosis, and how to protect your kidneys.



WHAT ARE THE SYMPTOMS OF LUPUS NEPHRITIS?

In the early stages of lupus nephritis, you might not notice any symptoms. As the disease gets worse, it can cause the following symptoms:

- Swelling (usually in the feet, ankles, legs, or face)
- Foamy urine
- Peeing more often than usual, especially at night
- High blood pressure



WHAT TESTS ARE USED TO DIAGNOSE LUPUS NEPHRITIS?

Because lupus nephritis might not cause symptoms at first, it's important to get tested for kidney problems. Your doctor might use these tests to check if your kidneys are healthy:

- Urine tests to check for blood and protein in your urine
- Blood tests to check how well your kidneys are filtering waste out of your blood
- Kidney biopsy to check for inflammation and scarring in your kidney tissue



TAKE STEPS TO PROTECT YOUR KIDNEYS

- Eat less salt to help control your blood pressure and reduce swelling
- Eat smaller portions of foods with a lot of protein, like meat and dairy
- Cut back on foods with saturated fats, like butter and fatty meats
- If you drink alcohol, drink only in moderation
- Work with your doctor to control your blood pressure, diabetes or high cholesterol

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