It’s time to bring lupus nephritis out of the shadows

Get the facts to better understand and manage your condition
Understanding Lupus Nephritis

“It’s hard to explain to people, as it’s a relatively unknown disease.”

– MaryAnna, diagnosed with lupus in 2015; showing signs of lupus nephritis

If you or someone you love has been diagnosed with lupus nephritis, it’s important to know you’re not alone. This brochure offers information and insights to help you better understand this condition and how to manage it with your doctor.

Always speak to your healthcare provider if you have any questions.

Lupus nephritis is an inflammation of the kidneys caused by Systemic Lupus Erythematosus (SLE). SLE and lupus nephritis are considered different diseases. That means that even if you’ve been living with SLE for some time, there is more to understand about lupus once it affects the kidneys.

Lupus nephritis represents a serious progression of SLE. In lupus nephritis, your kidneys cannot function properly to remove waste from your blood and control the amount of fluids in your body. Kidney disease caused by lupus may get worse over time and could lead to kidney failure, which is serious but treatable. If your kidneys fail, you will need dialysis or a kidney transplant to maintain your health.
Fast Facts about Lupus Nephritis

“I balance everything and try to make every day just as normal as possible.”
– Dina, diagnosed with lupus nephritis in 1994

• Lupus nephritis is a rare disease, affecting an estimated 200,000 people in the U.S.

• The cause of lupus nephritis is unknown, although family history and environmental factors (such as viruses, toxic chemicals, or pollutants) may play a role

• Lupus nephritis is more common in women, although men are often affected more severely by the disease

• The prevalence of lupus nephritis increases with age

• There is a higher prevalence of lupus nephritis among specific racial/ethnic groups, including Asian-Americans, Asians, Hispanics, and Native Americans

• One study found that after 24 weeks of treatment, 9 out of 10 people still showed signs of kidney disease

• About one-third of adults have lupus nephritis at diagnosis of Systemic Lupus Erythematosus (SLE)

• 1 in 5 people with lupus nephritis are believed to be undiagnosed

• Up to 60% of people with SLE will go on to develop lupus nephritis

Not an actual patient
What Are the Signs and Symptoms of Lupus Nephritis?

In the early stages of lupus nephritis, there are very few signs that anything is wrong. In fact, some patients have no specific symptoms. Kidney problems often start around the same time lupus symptoms appear.

Common Symptoms

- Fatigue
- Weight gain
- Swelling, usually in legs, feet, or ankles
- Foamy or frothy urine

Clinical Signs

- Leakage of a high level of protein into the urine (a condition known as proteinuria)
- Leakage of blood into the urine (a condition known as hematuria)
- High blood pressure
- Inflammation of the kidneys
- Scarring of the kidneys

Be sure to always discuss signs and symptoms with your doctor.

How Is Lupus Nephritis Diagnosed and Treated?

“It is important to take care of oneself in every way possible—physically, emotionally, spiritually, nutritionally.”

– Dina, diagnosed with lupus nephritis in 1994

A diagnosis of lupus nephritis is usually made by a rheumatologist or a nephrologist through use of a urine test, blood test, and/or a kidney biopsy.

To date, no therapies have been approved by the US Food and Drug Administration (FDA) or the European Medicines Agency (EMA) for the treatment of lupus nephritis.

Commonly used unapproved treatments for lupus nephritis may include corticosteroids and immunosuppressive therapy.

Aurinia does not support the use of unapproved therapies for treatment of lupus nephritis.

The main goals of treatment for lupus nephritis are to:

- Control kidney inflammation and help preserve kidney health
- Reduce treatment-related side effects
- Prevent flare-ups of lupus nephritis symptoms

Early diagnosis and treatment may help prevent long-term kidney damage.
How Does Lupus Nephritis Impact Everyday Life?

In addition to the signs and symptoms of lupus nephritis, people living with this condition may also experience other complications, such as those shown here.

Impact on Health & Wellbeing

In people with lupus nephritis...

- **10-30%** develop kidney failure within 15 years of diagnosis

- Medical expenses are **4X** higher than for people with lupus alone

- One study found that after 24 weeks of treatment, **9 out of 10** people still showed signs of kidney disease

- A Swedish study of 255 people with SLE showed that the impact on physical and emotional health is greatest when lupus affects the KIDNEYS

Hope for Those Living with Lupus Nephritis

“There’s not a lot we can control, but when you feel you are doing the best to take care of you, you feel empowered and it gives you hope.”

– Gabrielle, diagnosed with lupus nephritis in 2009

Although living with lupus nephritis is challenging, there are things you can do to take an active role in your health and wellbeing. Early diagnosis and treatment may help prevent long-term kidney damage. In addition, clinical trials for potential new treatments specific to lupus nephritis are underway and offer hope to patients.

Always talk to your doctor if you have any questions.
Eating Right for Better Kidney Health

“Being on a ‘renal diet’ involves making sure all your potassium, protein, and other important levels are balanced.”
– Gabrielle, diagnosed with lupus nephritis in 2009

Always talk with your physician before making any changes to your diet.

Living with lupus nephritis, it’s important to pay attention to what you eat. Eating the right foods can help you manage kidney disease and may help lower your blood pressure. You may also consider meeting with a licensed dietitian or nutritionist, who can help you plan meals and discuss changes you may need to make to your diet.

Below are some tips for eating right that may help manage kidney disease:

• Choose foods with less salt and sodium
• Eat small portions of protein-rich foods such as chicken, fish, eggs, and beans
• Choose heart-healthy foods, such as lean cuts of meat, skinless poultry, beans, fruits, and vegetables

As kidney function declines, you may need to eat foods with less phosphorus and potassium. Too much phosphorus pulls calcium from your bones, making them thinner and weaker, and can also cause itchy skin as well as bone and joint pain. Too much potassium, meanwhile, may cause heart problems.

Again, before making any changes to your diet be sure to speak to your physician.

Exercising with Lupus Nephritis

Always talk with your physician before starting or making any changes to your exercise plan.

Exercise has many physical and emotional benefits. Not only may it strengthen parts of the body affected by lupus and lupus nephritis, it may help make muscles less stiff, reduce risk of heart disease, control weight gain, and improve wellbeing. Low-impact activities such as walking, swimming, low-impact aerobics, certain types of yoga, and using an elliptical exercise machine may help to strengthen your bones and tone your muscles without aggravating inflamed joints. Exercising with a friend may give you moral support and help you stick to a routine.
To learn more about lupus nephritis, visit: ALLINforLN.com

Aurinia Pharmaceuticals is currently recruiting participants for a clinical trial in lupus nephritis. To learn more, visit: www.auroralnstudy.com