Renal Disease in Vasculitis

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Kidney-specific things to know

- What are ANCAs (Anti-Neutrophilic Cytoplasmic Autoantibody)?
- Measured in the blood - PR3, MPO

Results of kidney biopsy?
- Is it vasculitis only? Overlap? Crescents? How many glomeruli affected? Fibrosis?

What is the kidney function?
- Creatinine, eGFR (estimated glomerular filtration rate), creatinine clearance

AKI vs CKD; stage of CKD (only when stable!)

https://unckidneycenter.org/kidneyhealthlibrary/glomerular-disease/anca-vasculitis/
CKD management, irrespective of cause

- Blood pressure
- Weight
- Blood glucose
- Anemia
- Bone and mineral metabolism - Calcium, phosphorus, PTH, vitamin D, uric acid
- Electrolytes
- Acid-base
- Cholesterol
How to heal kidneys/preserve kidney function

- Treat vasculitis
- Follow with a nephrologist
- Avoid other causes of kidney injury!
  - DM
  - Obesity
  - Hypertension (high blood pressure)
- Avoid nephrotoxins (drugs that can damage the kidneys)
  - NSAIDs (ibuprofen, Motrin, Aleve, Advil, naproxen, etc.)
  - Iodinated contrast (CT scans, not MRI)
  - PPIs (e.g., omeprazole)
- Manage complications of kidney disease
Health maintenance

- Important when you are/have been immunosuppressed

  Cancer screening - Age appropriate;
  - Breast (Mammogram)
  - Prostate (PSA, prostate exam)
  - Lung (for smokers- low dose radiation CT scan)
  - Bladder (if cyclophosphamide exposure and hematuria; urine cytology and cystoscopy)

Immunizations
  - Influenza - annual
  - Pneumonia - two different shots; second given 1+ year after the first
  - Tdap
  - Zoster (shingles) - >60yo

- Ideally, should be done BEFORE starting immunosuppression, and during treatment as appropriate
What do you need to know to have hope?

- We’re good at treating this disease!
  - ANCA - yes
  - Medium and large vessel - meh
  - Cryos - ugh
- You will feel better!!! (Eventually...)
- Save that one tiny part of your brain...
What do you need to feel better?

- Support
- Keep your life, even when you don’t feel like it
- Do the other things we’re talking about
- Limit exposure to steroids
- Use this as an opportunity (what???)
What do you need to do to manage the disease?

- The “right” provider (more on this in a minute)
- Follow recommendations
- Think about something else
Finding the right doctors

- Ask!
  - Vasculitis Foundation
  - Dr. Brant
  - Dr. Zand
  - Contact larger centers
- Experienced
- Responsive (but be realistic)
- Collaborative
Getting the right treatments

- Find the right doctor!
- Sometimes it isn’t as straightforward as we would like
- It’s okay to get expert opinion at one place but be followed by someone else locally
Be attentive to flares!

- Dip your own urine!!!
- If you’re not sure if something is wrong, call
- DO NOT WAIT!
Achieve your well-being

- Nutrition
- Exercise/Activity
- Fun
- Mental health
- Maintain healthy relationships/boundaries
Contact information

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Action items to incorporate into management

- Be attentive to your flares: dip your own urine and ask for help
- Stay active (mentally and physically)
- Find the right doctor for you
- Avoid other causes of kidney injury!
  - DM, Obesity, Hypertension (high blood pressure)
- Avoid nephrotoxins (drugs that can damage the kidneys)
  - NSAIDs (ibuprofen, Motrin, Aleve, Advil, naproxen, etc.)
  - Iodinated contrast (CT scans, not MRI)
  - PPIs (e.g., omeprazole)
- Manage complications of kidney disease
  - Blood pressure, anemia, acidosis, high phosphorous, high potassium
- Get age appropriate cancer screening and keep up with immunization