

# Renal Disease in Vasculitis

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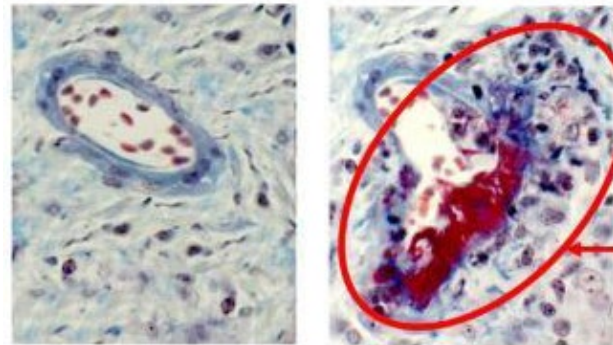
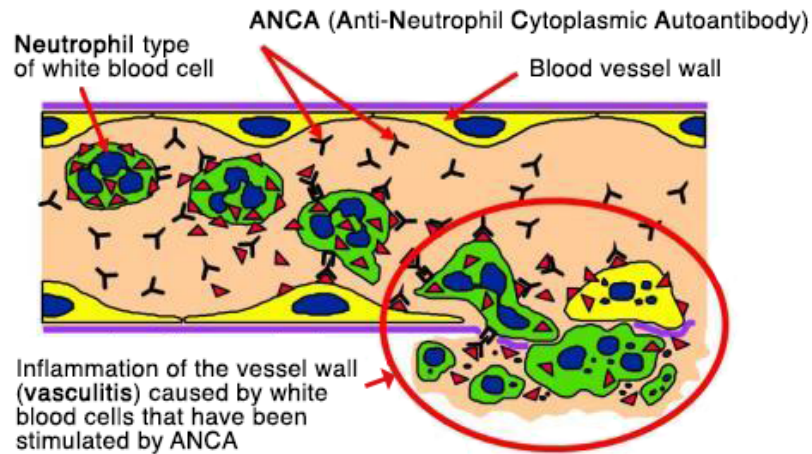
Vasculitis Foundation

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# Kidney-specific things to know

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



Inflammation of the vessel wall (vasculitis) caused by white blood cells that have been stimulated by ANCA

- ▶ 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!)

# 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