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## Things Vasculitis Patients Want their Nephrologists to Know



- 1 Please educate us. Things that are common knowledge to you, might be unfamiliar to us. Tell us about:

  - Dietary changes we can make to help our kidneys.
  - Measures we can take to protect our kidneys from additional damage.
  - Medications we should avoid.
- 2 Vasculitis is frequently systemic. Please treat me as a whole person, not just a renal system.
- 3 The pain and fatigue are impossible to describe and are not just “in our heads.”
- 4 Every symptom we have is not necessarily related to our vasculitis.
- 5 We are frightened and overwhelmed. We gain hope when you are willing to help us find answers.
- 6 Successful treatment of vasculitis requires a team approach. Willingness to coordinate care with rheumatologists and other healthcare professionals is essential.
- 7 Regularly monitor our kidney health. Irreversible kidney damage may be occurring long before we notice symptoms.
- 8 Ensure your patients are connected with the Vasculitis Foundation for education and support resources.

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