



UNC  
KIDNEY CENTER

Podcast Transcript:

Dr. Ron Falk

IgA Nephropathy

“IgA: Could fish oil be helpful?”

Patient: Could fish oil be helpful as part of my treatment?

Dr. Falk: Fish oils were pioneered by a wonderful nephrologist from the Mayo Clinic by the name of James Donadio. In his studies from the Mayo Clinic, he showed that fish oils may be helpful in some patients. There have been other studies that have not been able to support Dr. Donadio's initial observations.

For the most part, Omega 3 fatty acids are useful for a number of disorders, including high level of triglycerides, they may help your heart health, and may be of some benefit—probably only of minor benefit—in patients with IgA Nephropathy.

They can be easily obtained by your physician, or by careful consultation from a health food store. Be careful with whatever kind of fish oil that you use, that it doesn't have a lot of Vitamin A in it. Taking too much Vitamin A can be dangerous.

For the most part, fish oils are probably not going to hurt you, and may help.