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KIDNEY CENTER

Podcast Transcript:

Dr. Ron Falk

Living with ANCA: Keeping Vasculitis in its Place

Dr. Falk: So lastly, the question of, How do you find a place for vasculitis and keeping it in its place? How do you make it so it doesn't rule your life?

Dianne: Well, I talked with quite a few people about this. You just worry, you always worry. One friend has a worry list-she sets aside a time each day where she lists her worries, the things that she can do about it, and then she puts the list away and goes about her business. Another person worries about, Should I take a vacation, Should I not take a vacation? Go ahead and do the things that you want to do.

I think another thing that people think about is, "What can I do with this? Now that I've had this disease? What can I do in a positive way?" There's where becoming an advocate can help. Doing something about it, you feel you're doing something positive for yourself and for the disease to increase awareness.