



UNC  
KIDNEY CENTER

Podcast Transcript:

Dr. Ron Falk

IgA Nephropathy

“IgA: Will staying hydrated help my disease?”

Patient: If I prohibit my body from becoming dehydrated, will that help prolong the damage to my kidneys?

Dr. Falk: Dehydration can affect your kidneys regardless of what causes their damage. It's important to be reasonably hydrated. However, the old adage that one is to drink eight glasses or cups of water a day is probably not accurate. There's really no evidence that drinking more water is going to help IgA Nephropathy, or any kidney disease.

On the other hand, dehydration is not good either. It is important to try to drink a reasonable amount of fluid per day. Be careful what kind of fluid you're drinking. Remember that in a lot of beverages there are many calories, and there may be sodium in there as well. So look at the back of the bottle and see what you're really drinking.