



UNC  
KIDNEY CENTER

Podcast Transcript:

Dr. Ron Falk

IgA Nephropathy

“IgA: Can food allergies make the disease worse?”

Patient: I've read that food allergies might be a contributing factor. Is that true?

Dr. Falk: There are some types of food that in any given individual, may make this disease worse. It is very unclear whether there are certain foods that cause this disease. There are elimination diets in which all foods become bland and new foods are re-introduced one by one to see whether or not they caused the disease to worsen. That is, more blood in the urine.

It's really uncommon for individuals to be able to identify specific food or food groups that cause this disease or make it worse. For the most part, I would not concentrate on types of food with respect to this disease.