



UNC
KIDNEY CENTER

Podcast Transcript:

Dr. Ron Falk

IgA Nephropathy

“IgA: Should patients have their tonsils removed?”

Patient: I have heard that some physicians recommend having my tonsils removed. Will that help eliminate IgA Nephropathy? Is that something that you recommend?

Dr. Falk: Not at this time. Adults who have tonsillectomies have a very big operation—not just pain, but also substantial morbidity. There is very weak evidence that tonsillectomies truly help in patients with IgA Nephropathy.

This has been a procedure pushed in Japan. The studies, however, are poor. There isn't a very good side-by-side comparison, of how patients do with tonsillectomy or standard therapy.

I, for one, would never have my tonsils removed if I had IgA Nephropathy. Unless my tonsils were really bothering me for another reason. For example, numerous infections. Numerous episodes of tonsillitis. So at this point in time, I do not recommend tonsillectomy.