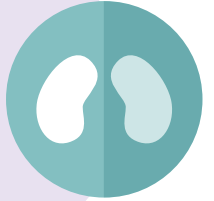


# What's New in Lupus Kidney Care?

## Why This Matters

Lupus can affect your kidneys—a condition called Lupus Nephritis. The ACR has updated its guidelines to help doctors treat this more effectively, based on the latest research and new medications.



## EVOLVING TREATMENT APPROACHES: INTRODUCING TRIPLE THERAPY

### Before:

Doctors often used steroids in combination with either mycophenolate or cyclophosphamide.



### Now:

A new approach called **“TRIPLE THERAPY”** adds new medicines to the older medicines to give better results without any increase in long-term side effects.

### What is triple therapy?

Your doctor may recommend:

- Steroids: IV “pulse steroid” followed by moderate-low dose prednisone tapered to <5 mg/day by 6 months
- + Mycophenolate or cyclophosphamide
- + Belimumab or a calcineurin inhibitor (CNI), including voclosporin

These combinations aim to:

- Control inflammation faster
- Protect your kidneys longer
- Reduce medication side effects



## What This Means for You

You may have more treatment options now than before. Not everyone needs the same plan—your doctor will tailor care to you. If new medicines aren't available, your doctor can still use trusted older treatments. Early and active treatment gives the best chance at protecting your kidneys.

## Stay involved in your care! Ask your doctor:

“What treatment is best for me right now?”

“Can I benefit from these new options?”

“How can I protect my kidneys long term?”

HEAR FROM AN EXPERT



Click to watch Dr. Lisa Sammaritano explain what this update means for patients