



IgG4ward! EuroJAM Key Takeaways & Viewing Guide: Accompanying Dr. James Tomlinson's *Kidney Health, High Blood Pressure, and Water Retention*

Importance of this talk

The kidneys play a vital role in maintaining overall health, helping regulate blood pressure, fluid balance, and many other essential functions throughout the body.

In this breakout session, Dr. James Tomlinson explains how the kidneys work, how IgG4-related disease (IgG4-RD) can affect kidney health, and why understanding kidney function is important for everyone living with the disease—not only those with known kidney involvement.

This guide highlights key themes from the presentation and provides a roadmap for viewers as they watch the session.

Key takeaways

- Healthy kidneys do much more than produce urine. They help regulate blood pressure, remove waste products, balance fluids and electrolytes, support bone health, and produce hormones that are essential for normal body function.
- Kidney involvement in IgG4-RD can present in different ways. Understanding how the kidneys are evaluated can help patients have more informed conversations with their healthcare team.
- High blood pressure and kidney disease are closely connected. High blood pressure can damage the kidneys over time, while kidney disease can also contribute to elevated blood pressure.
- Fluid retention, or edema, can have many causes. Understanding when swelling may be related to kidney disease is an important part of evaluating overall health.
- Kidney health and cardiovascular health are closely linked. Protecting one also helps support the other.

- Protecting kidney health involves more than medication. Lifestyle habits, regular monitoring, and working closely with your healthcare team all play important roles.

Watch for these moments in the session

As you watch Dr. Tomlinson's presentation, pay particular attention to:

- How healthy kidneys support the body's everyday functions
- Why kidney health and cardiovascular health are closely linked
- The relationship between kidney disease and high blood pressure
- Common causes of fluid retention and what they may indicate
- How blood tests, urine testing, and blood pressure monitoring help assess kidney health
- Practical ways to support long-term kidney health
- Audience questions addressing everyday concerns about blood pressure, kidney monitoring, medications, hydration, salt intake, and living with IgG4-RD

Why this matters

Understanding kidney health can help people living with IgG4-RD become more informed partners in their care.

Recognizing the connection between kidney function, blood pressure, cardiovascular health, and overall well-being can help patients have more meaningful conversations with their healthcare providers and better understand the importance of ongoing monitoring.

Throughout the session, Dr. Tomlinson emphasizes that protecting kidney health is a shared effort involving patients, caregivers, and healthcare professionals working together to support long-term health

Helpful terms:

Blood pressure: The force of blood pushing against the walls of your arteries. Healthy blood pressure helps ensure that your organs, including your kidneys, receive the blood they need to function properly.

Cardiovascular disease: A group of conditions that affect the heart and blood vessels. Kidney disease and cardiovascular disease are closely connected and often influence one another.

Chronic kidney disease (CKD): A long-term condition in which the kidneys gradually lose some of their ability to filter blood and perform other important functions.

Edema / fluid retention: Swelling caused by excess fluid collecting in the body's tissues, often in the feet, ankles, or legs.

Nephron: The kidney's basic filtering unit. Each kidney contains approximately one million nephrons that work together to filter blood and maintain the body's fluid and electrolyte balance.

Continue Learning

Whether you are newly diagnosed, supporting a loved one, or seeking to deepen your understanding of IgG4-related disease, the **IgG4ward! Academy** offers educational resources developed specifically for patients, caregivers, and healthcare professionals.

Explore disease education modules, expert-led learning content, and updates on research and treatment developments.

Learn more at www.igg4ward.org

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The information contained in this guide is intended for educational and informational purposes only and is not intended to serve as medical advice, diagnosis, or treatment.

The content reflects key themes discussed during Dr. John Stone's presentation, *History and Evolution of IgG4-Related Disease*, and is provided as a companion educational resource.

Individuals should always consult their physician or qualified healthcare provider regarding any questions about their medical condition, diagnosis, treatment options, or healthcare decisions.

Never disregard professional medical advice or delay seeking medical care because of information contained in this publication.
