

4 KNOW MORE



TUBEROUS
SCLEROSIS
COMPLEX

TSC kidney health begins with you

Thanks to advances in medical research, we know more about tuberous sclerosis complex (TSC) and its kidney tumors than ever before. And we know that it's critical that you and your doctor stay on top of your kidney health visits and screenings.

» *Inside are **4 things** to know to take control*

4 things everyone with TSC and kidney tumors should know

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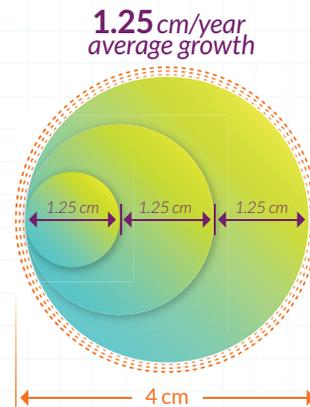


1 } TSC kidney tumors can grow rapidly

- » These kidney tumors (called renal angiomyolipomas) grow an average of **1.25 cm/year**, which sounds like a *little* but is actually a **lot!**
- » In fact, TSC kidney tumors grow 6x faster than non-TSC tumors

Experts agree that, when tumors reach **4 cm or more** in length, they can cause serious harm by rupturing (hemorrhaging)

- » When these kidney tumors rupture, they can cause life-threatening bleeding and require emergency surgery
- » In fact, the risk of hemorrhage from these tumors is between **25%** and **50%**



2 } TSC may not stop at your kidneys; it can cause tumors in multiple organs, including the brain, skin, eyes, heart, and lungs

- » TSC is unpredictable (and affects everyone differently)
- » To get the best care for your TSC, it's ideal to have a team of doctors managing your health

Take control of your health by learning more about TSC and all the organs it can affect. The more you know about the disease's signs and symptoms, the better you can stay on top of them!

cm, centimeter; CT, computed tomography; MRI, magnetic resonance imaging.

3 } Your TSC kidney tumors should be monitored regularly

To avoid serious complications, experts recommend an MRI at least every 1 to 3 years to check the growth of your tumors

- » An MRI is preferred, but you can have an ultrasound or CT scan
- » Ask your doctor about the size of your kidney tumors after each MRI
- » If you have kidney tumors that are about 4 cm long, discuss a treatment plan with your doctor

Have your kidney function and blood pressure checked at least once a year.

4 } Experts recommend treating TSC kidney tumors larger than 3 cm

- » Tumors larger than 3 cm, with no symptoms and growing, should be treated
- » Treatment options for tumors include surgery and medication
- » Talk to your doctor to determine what's right for you

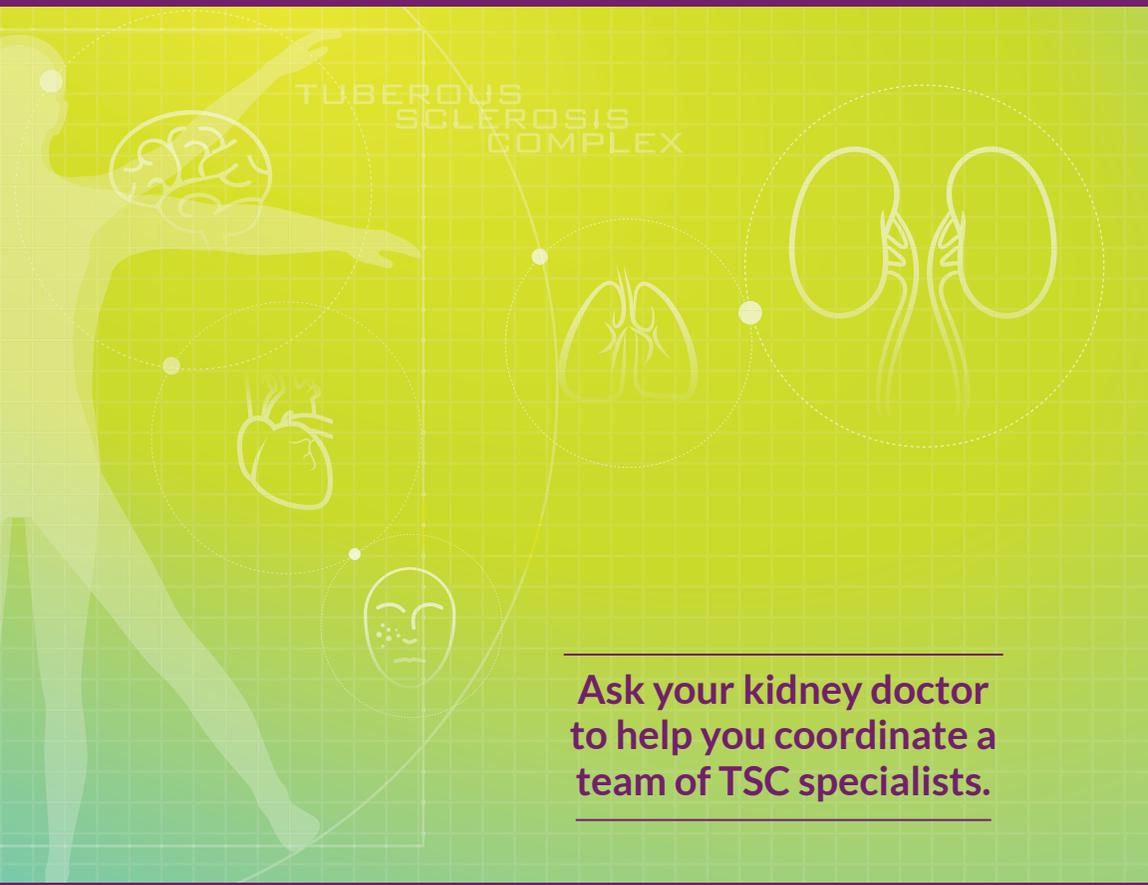
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Ask your kidney doctor
to help you coordinate a
team of TSC specialists.

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