

Jodi Roth - ADULT FMD

Hi, my name is Jodi Roth. I am a 38 year old mother of two young daughters and I have fibromuscular dysplasia of the renal arteries. My journey with this disease began by accident in May 2004 while I was sitting at my kitchen table having a medical exam for a life insurance policy. The doctor took my blood pressure and it was extraordinarily high so I followed up with my internist. My internist was quite surprised how high my blood pressure was given that I am thin, in good physical shape, eat pretty healthy and don't smoke or drink. After several months of doctors visits, medication and many tests, a local



Cardiologist heard a bruit in my renal arteries and sent me for a renal MRI. When he called me and asked that I come see him, I knew the results were not good. Later that day he told me in person that I had Fibromuscular Dysplasia in both renal arteries and that I had an aneurysm on my left renal artery. My life flashed before my eyes, and all I could think of was that I wouldn't see my young daughters grow up. I was devastated. Then, of course I started researching this disease and tried to learn as much as possible about it as I could. I found the FMDSA website which educated me a great deal about this disease and I immediately became a member of FMDSA. I went to an Interventional Radiologist for angioplasty on my right renal artery and an attempt to cut off the aneurysm on the left renal artery, but it was unsuccessful as the aneurysm was too close to my kidney. I was then referred to Dr. Andrew Novick at the Cleveland Clinic and in January 2005 underwent renal bypass surgery on my left renal artery to remove the aneurysm. It was a long and difficult recovery, but luckily it was without major complications and my blood pressure went back down to the normal range. I go for renal scans every 6 months and recently had an angioplasty on my right renal artery which had re-narrowed. Physically I feel great and I continue to exercise 3-4 times a week doing cardiovascular activities and strength training, and I try to live a very healthy lifestyle. I have a wonderful life with my husband and kids and I keep an extremely positive attitude about this disease. It's not going away, but as long as I am vigilant about getting scans and seeing my Vascular Dr., it is very controllable. Like many other FMD patients, I want to know how I got this disease, if my daughters will be affected by this disease and how it may affect me and others throughout the years. That is why I believe it is so important to help raise awareness of this unusual disease and to continue to support the FMDSA.