Focal Segmental Glomerulosclerosis (FSGS) is a rare kidney disease characterized by dysfunction in the part of the kidney that filters blood (glomeruli). Only some glomeruli are affected, but continued damage can lead to kidney failure.

**Focal Segmental Glomerulosclerosis**

- **Focal** = Some
- **Segmental** = Sections
- **Glomerulo** = of the Filtering Units
- **Sclerosis** = Are Scarred

**FSGS Symptoms**

Early symptoms of FSGS are the same as Nephrotic Syndrome.

**Common Symptoms:**

- Protein in the urine, which can be foamy (called **proteinuria**)
- Low levels of protein in the blood
- Swelling in parts of the body, most noticeably around the eyes, hands, feet, and abdomen (called **edema**)
- Weight gain due to extra fluid building up in your body
- Can cause high blood pressure (called **hypertension**) and high fat levels in the blood (**high cholesterol**)  

**Fast Facts**

The only way to differentiate FSGS from other primary Nephrotic Syndrome conditions is to have a kidney biopsy.

**FSGS in Adults**

- FSGS occurs more frequently in adults than in children and is most prevalent in adults **45 years** or older.
- African Americans are **5 times more likely to get FSGS** in comparison with the general population.

**FSGS in Children**

- Focal Segmental Glomerulosclerosis is one of the leading causes of **End Stage Renal Disease** (ESRD) in children.
- FSGS is associated with **up to 20% of all new cases of Nephrotic Syndrome** in children each year.

The exact cause of primary FSGS is **unknown and not precisely understood**. However, genetic and environmental factors may be associated with the disease.

With FSGS, many individuals experience **cycles of remission and relapse**. Remission means there is **currently no protein spilling** into the urine. **50% of patients with FSGS will progress to kidney failure**. Every FSGS patient follows a **unique journey**.

Some patients receive a kidney transplant to treat their kidney failure due to FSGS, but **FSGS comes back to attack the new kidney 30-50% of the time**.
Treating Your Disease

Short-Term Goals

The short-term goal of treatment is to stop protein spillage completely (remission) or lower the amount of protein lost in the urine as much as possible.

Long-Term Goals

The long-term goals of treatment include preventing relapses of protein in the urine and preventing the deterioration of kidney function.

There are currently no FDA-approved treatment options for FSGS. The standard first-line treatment for FSGS is Prednisone, a corticosteroid.

How to Live With Your Disease

1. Following a low-fat, low-sodium diet will help improve your kidneys’ function and your FSGS symptoms,

2. Finding a nephrologist that you trust is very important to your long-term health,

3. Learn about your disease, treatment options, and clinical trials in order to better advocate for yourself,

4. NephCure Kidney International can help you connect with other patients and find support to manage your disease.

NephCure Kidney International is working every day to leverage support to find better treatments and a cure for Focal Segmental Glomerulosclerosis.

Please visit NephCure.org to learn more about FSGS & Nephrotic Syndrome.