NEPHCURE® Kidney International

Minimal Change Disease

Minimal Change Disease (MCD) is a rare kidney disease characterized by dysfunction in the part of the kidney that filters blood (glomeruli). This damage can lead to symptoms associated with Nephrotic Syndrome.

MCD Symptoms

Early symptoms of Minimal Change Disease 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

Minimal Change Disease gets its name because the damage to the glomeruli is not visible under a regular microscope. It can only be seen when a kidney biopsy is examined under an electron microscope.

MCD in Adults

- 15% of adult Nephrotic Syndrome patients are diagnosed with Minimal Change Disease.

- Adults respond to steroids more slowly than children. For adults, the time to remission can be up to 16 weeks.

MCD in Children

- Minimal Change Disease is the most common cause of Nephrotic Syndrome in children, associated with 80% of cases.

- Approximately 90% of Minimal Change patients respond to oral steroids.

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

Some children **eventually outgrow** Minimal Change Disease.

Remission means there is **currently no protein spilling** into the urine.

Minimal Change Disease is **often misdiagnosed as allergies,** but a simple urinalysis can diagnose Nephrotic Syndrome.

Every Minimal Change patient follows a **unique journey.**

If a child with Nephrotic Syndrome reponds to steroids, **they are assumed to have Minimal Change Disease,** even without a biopsy.

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 Minimal Change Disease. The standard first-line treatment for Minimal Change Disease 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 Minimal Change Disease 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

NephCure Kidney International is working every day to leverage support to find better treatments and a cure for **Minimal Change Disease.**

Please visit **NephCure.org** to learn more about Minimal Change Disease & Nephrotic Syndrome.