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.

**Minimal Change Disease**

- 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.
- 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)

**MCD Symptoms**

**Fast Facts**

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**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.

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 responds 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 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.