



Have you been diagnosed  
with a protein-spilling  
kidney disease like

**Nephrotic Syndrome  
or FSGS?**



**NEPHCURE®**  
Kidney International

[www.NephCure.org](http://www.NephCure.org)

# NephCure can help you.

We are a community of patients, here to welcome and guide you through your journey.

## Our community includes:

- C1Q Nephropathy
- Congenital Nephrotic Syndrome
- C3 Glomerulopathy
- Focal Segmental Glomerulosclerosis (FSGS)
- IgA Nephropathy
- IgM Nephropathy
- Membranoproliferative glomerulonephritis (MPGN)
- Membranous Nephropathy
- Minimal Change Disease
- Nephrotic Syndrome
- Other rare glomerular kidney diseases



At [www.NephCure.org](http://www.NephCure.org), you can:

**Connect** with other patients like you

**Find information** on how to manage your symptoms and live well

**Discover** expert doctors and the latest research on treating your disease

**NephCure works with researchers, doctors, government officials, and most importantly, real patients like you to permanently change how kidney disease is treated.**

# You are not alone.

# Questions you may have:

## What are protein-spilling kidney diseases?

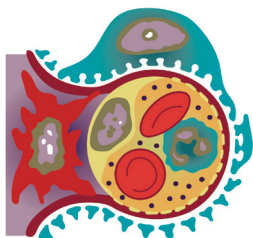
Protein-spilling kidney diseases injure the filtering units in the kidney (called glomeruli) and cause protein, and sometimes blood, to “leak” out of the bloodstream and into the urine.

These diseases can happen without cause, be genetic, or have environmental causes. Most protein-spilling diseases are chronic, and if the protein-spilling is not controlled, they can lead to permanent and irreversible kidney damage and ultimately, kidney failure.

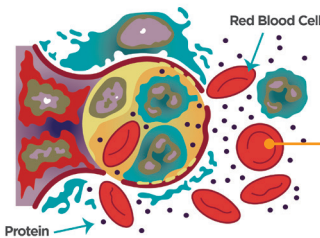
## Symptoms of these diseases include:

- Swelling of the eyes, hands, feet, and abdomen (edema)
- High levels of protein in the urine (proteinuria)
- Sometimes, blood in the urine (hematuria)
- Low levels of albumin (protein) in the blood
- High blood pressure (hypertension)
- High cholesterol

## Proteinuria & Hematuria



A normal glomerulus keeps most proteins and red blood cells in the blood and only lets watery fluid and waste into the urine.



A diseased glomerulus loses its filtering shape and “spills” protein, red blood cells and other substances into the urine.

## Are there medications to treat my disease?

There are currently few FDA-approved drugs for most protein-spilling diseases. However, research is moving forward rapidly, and we are discovering new potential treatments every day.

Usually, patients are treated with prednisone first. If prednisone fails to improve your symptoms, doctors may prescribe additional medications to help reduce or stop protein spilling.

In addition, there are several other potential care options in clinical research. Ask your doctor for information about studies that might be right for you, or visit [KidneyHealthGateway.com](http://KidneyHealthGateway.com) to see a list of studies near you.

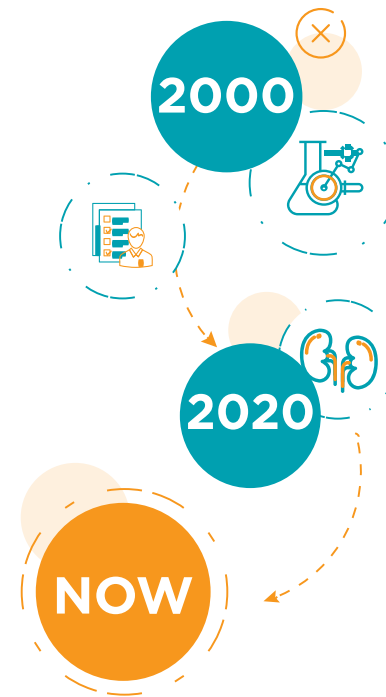
## Where can I learn more about my disease?

These diseases affect each patient differently, and everyone has their own unique journey. Visit [www.NephCure.org](http://www.NephCure.org) to learn more about your specific diagnosis and find a doctor experienced in treating your rare, protein-spilling kidney disease. Once you sign up with us online, we can answer any additional questions you may have and connect you with others like you.

**Active protein-spilling leads to kidney damage. The priority for every patient should be to stop or reduce protein in their urine.**

[www.NephCure.org](http://www.NephCure.org) has more resources for you! Visit today to learn more about what to expect, get tips on diet and nutrition, and read patient stories.

# Hope on the horizon



**is the best time to join a research study.**

When NephCure was formed 20 years ago, there was little to no research being done on rare, protein-spilling kidney diseases. NephCure began with a singular focus: to fund research that would help us better understand these diseases and how to fight them.

Today, after 20 years of groundbreaking research and the commitment of doctors, scientists, and patients like you, there are now more than 25 drugs in development for rare, protein-spilling kidney diseases.

Over the next 2-5 years, new drugs could be approved to treat your rare kidney disease.

**Hope is here—new treatments for your disease, beyond steroids, are on the horizon.**

**Clinical trials are the key to getting better treatments to you.**



Your participation is needed to create new, approved treatments for your kidney disease.

NephCure created [KidneyHealthGateway.com](http://KidneyHealthGateway.com) to help you find studies that are right for you. Don't delay—visit today and ask your doctor about your options.





NephCure Kidney International's mission is to accelerate research for effective treatments for rare forms of Nephrotic Syndrome, and to provide education and support that will improve the lives of those affected by these protein-spilling kidney diseases.

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