Overview and Symptoms
Membranous Nephropathy (MN) is a rare kidney disease characterized by thickening in the part of the kidney that filters blood: the glomerular basement membrane. The thicker membrane does not work normally and causes protein that belongs in the blood to be spilled into the urine.

Symptoms of Membranous Nephropathy include:

- Swelling (edema) in eyes, hands, feet and abdomen
- Foamy or bubbly urine, caused by protein spilling into urine (proteinuria)
- Can cause high blood pressure (hypertension) and high fat levels in the blood (high cholesterol)
- Low levels of protein in the blood (hypoalbuminemia)

Fast Facts
The only way to differentiate Membranous Nephropathy from other primary Nephrotic Syndrome conditions is to have a kidney biopsy.

MN In Adults
- MN occurs more frequently in adults than in children and is most prevalent in adults 40 years or older.
- Some patients with MN do not respond to steroid treatments (steroid-resistant).
- MN is the most common cause of primary Nephrotic Syndrome in Caucasian adults.

MN In Children
- MN in children is rare and accounts for less than 5% of new pediatric diagnoses of Nephrotic Syndrome each year
Treating Your Disease

**SHORT-TERM GOALS**
The short-term goal of treatment is to stop protein from spilling 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 no currently FDA-approved medication options for MN. The standard first-line treatment for MN is Prednisone, a corticosteroid.

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How to Live With Your Disease

1. **Following a low salt diet and taking prescribed medications from your nephrologist** may help improve your kidneys’ function and your MN symptoms.
2. **Finding a nephrologist that specializes in MN** 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 rare, protein-spilling kidney diseases.

**PLEASE VISIT NEPHCURE.ORG TO LEARN MORE ABOUT MN AND NEPHROTIC SYNDROME.**