

# Minimal Change Disease (MCD)

## Overview and Symptoms

Minimal Change Disease (MCD) is a disorder affecting the filtering units of the kidney (glomeruli) that can lead to symptoms associated with Nephrotic Syndrome.

Some symptoms of NS include:

- **Proteinuria**- Large amounts of protein 'spilling' into the urine
- **Edema**- Swelling in parts of the body, most noticeable around the eyes, hands, and feet that can become painful
- **Hypertension** - High blood pressure
- **Hypoproteinemia** - Low blood protein
- **Hypercholesterolemia** - High level of cholesterol

The only way to know for sure if you have MCD is to have a kidney biopsy. However, because of how common MCD is in children, MCD is a presumed diagnosis during the typical first course of treatment with corticosteroids.

## Fast Facts

- MCD is the most common cause of NS in children associated with 80 to 90% of cases.
- It is also seen in adults, but makes up only 10 to 15% of NS cases.
- Up to 50% of adult MCD patients that go into remission will relapse.
- Males are twice as likely to have MCD as females.
- If MCD does not recur for three years, there is a good chance that it will not return.

MCD is "idiopathic," meaning it arises without a known cause, so researchers are actively trying to learn more.

Research studies indicate that MCD could be related to a decreased number of glomeruli within an individual's nephrons.

A low glomeruli number is associated with low birth weight.

Without an appropriate number of glomeruli, the volume of existing glomeruli must expand to meet the body's blood filtration needs.

90% of MCD patients respond to oral steroids and most have complete remission.

# Treating Your Disease

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## 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 MCD. The standard first-line treatment for MCD 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 MCD symptoms.
2. **Finding a nephrologist that specializes in MCD** 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](https://www.nephcure.org) TO LEARN MORE ABOUT MCD AND NEPHROTIC SYNDROME.**