# Focal Segmental Glomerulosclerosis

### **Overview and Symptoms**

Focal Segmental Glomerulosclerosis (FSGS) is a rare kidney disease characterized by disfunction in the part of the kidney that filters blood (glomeruli). Only some glomeruli are affected, but continued damage can lead to kidney failure.

- Protein in the urine, which can be foamy (called proteinuria)
- Low levels of protein in the blood
- Swelling in parts of the body, most noticeable 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**

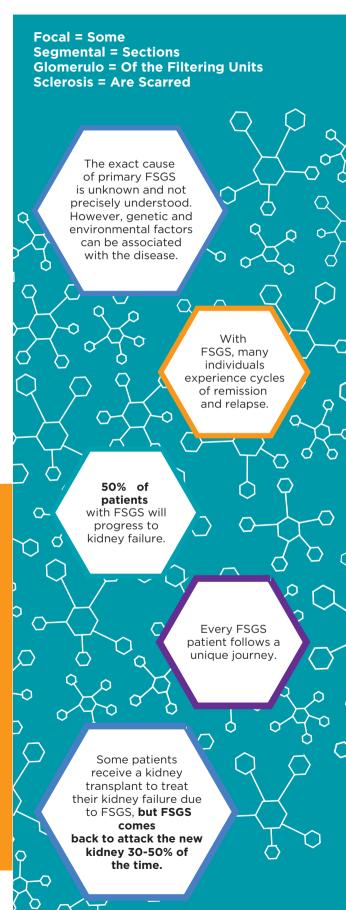
#### **FSGS IN ADULTS**

- FSGS occurs more frequently in adults than in children and is most prevalent in adults 45 years or older.
- African Americans are 5 times more likely to get FSGS in comparison with the general population

#### **FSGS IN CHILDREN**

- Focal Segmental Glomerulosclerosis is one of the leading causes of End Stage Renal Disease (ESRD) in children
- FSGS is associated with up to 20% of all new cases of Nephrotic Syndrome in children each year.





## **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 FSGS. The standard first-line treatment for FSGS 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 FSGS 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 is working every day to leverage support to find better treatments and a cure for Focal Segmental Glomerulosclerosis.

Please visit NephCure.org to learn more about FSGS & Nephrotic Syndrome.