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
- **Hypercholestrolemia**: High level of cholesterol

MCD derives its name because this damage is not visible under a regular microscope. It can only be seen

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.

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

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.

Learn more at www.nephcure.org or call 1-866-NEPHCURE
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 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 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 MCD AND NEPHROTIC SYNDROME.**