Nephrotic Syndrome is a collection of signs and symptoms characterized by dysfunction in the part of the kidney that filters blood (glomeruli). Nephrotic Syndrome can be diagnosed with a urine test.

**Nephrotic Syndrome**

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

Some of the diseases that cause Nephrotic Syndrome include Minimal Change Disease, FSGS, and Membranous Nephropathy. These diseases are called “idiopathic” because they occur without a known cause.

**NS In Adults**
- FSGS causes Nephrotic Syndrome in adults more frequently than in children and is most prevalent in adults 45 years or older.
- In the United States, adult incidence of primary Nephrotic Syndrome each year is 3 out of every 100,000 individuals.

**NS In Children**
- Minimal Change Disease is the most common cause of Nephrotic Syndrome in children, associated with 80% of cases.
- 2-4 out of every 100,000 children are diagnosed with primary Nephrotic Syndrome each year in North America.

Although primary Nephrotic Syndrome is a rare disease, anyone can get it. In fact, it’s one of the most common contributors of Chronic Kidney Disease in children.

Nephrotic Syndrome is often misdiagnosed as allergies.

Males are more likely to have Nephrotic Syndrome than females.

Remission means there is currently no protein spilling into the urine.

Each Nephrotic Syndrome patient follows a unique journey.

Conditions that occur in other parts of the body can cause secondary Nephrotic Syndrome. These conditions include diabetes, cancer, lupus, amyloidosis, infection, drug use, allergies, and vasculitis.
Treating Your Disease

Short-Term Goals

The short-term goal of treatment is to stop protein spillage completely (remission) or to 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 very few FDA-approved treatment options for Nephrotic Syndrome. The standard first-line treatment for Nephrotic Syndrome is Prednisone, a corticosteroid.

How to Live With Your Disease

1. Switching to a low-fat, low-sodium diet will help improve your kidneys’ function and your Nephrotic Syndrome 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 rare, protein-spilling kidney disease.

Please visit NephCure.org to learn more about nephrotic syndrome.