

Nephrotic Syndrome

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.

Males are **more likely** to have Nephrotic Syndrome than females.

Remission means there is currently no protein spilling into the urine

Nephrotic Syndrome is often misdiagnosed as allergies.

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.