

3 out of 100,000

Incidence (rate of new cases) of nephrotic syndrome in the United States is 3 out of every 100,000 people each year.<sup>1</sup>

# Get the Facts on Nephrotic Syndrome

Nephrotic syndrome is a group of symptoms that indicate that the kidneys are damaged. The kidneys' filters (glomeruli) remove waste from the blood and allow blood to keep the things that the body needs, like cells and proteins. When the kidneys are damaged, they can't filter the protein in the blood properly and protein ends up in the urine.<sup>2</sup>



## Signs and Symptoms of Nephrotic Syndrome

Signs and symptoms of nephrotic syndrome will vary for each person. Listed below are some common signs and symptoms individuals report.<sup>2</sup>



**FATIGUE (FEELING TIRED)**



**WEIGHT GAIN**



**LOSS OF APPETITE**



**EDEMA (SWELLING)**

In the legs, feet, or ankles



**FOAMY URINE**

Due to extra protein in urine

## Causes of Nephrotic Syndrome

Many diseases and conditions can cause damage to the kidneys. These may be diseases and conditions that only affect the kidneys (called primary causes of nephrotic syndrome) or many parts of the body (called secondary causes of nephrotic syndrome).<sup>2</sup> Some diseases that can cause nephrotic syndrome include:

### Focal segmental glomerulosclerosis (FSGS)<sup>3</sup>

FSGS is a condition involving scar tissue developing in the filters (glomeruli) of the kidneys. The exact cause of FSGS is unknown; however, genetic and environmental factors may be involved.

### Immunoglobulin A (IgA) nephropathy

IgA nephropathy is a disorder involving the immune system where IgA antibodies are deposited and become trapped in the glomeruli of the kidneys.<sup>4</sup> The exact cause of IgA nephropathy is unknown; however, it is thought to be linked to genetic factors.<sup>5</sup>

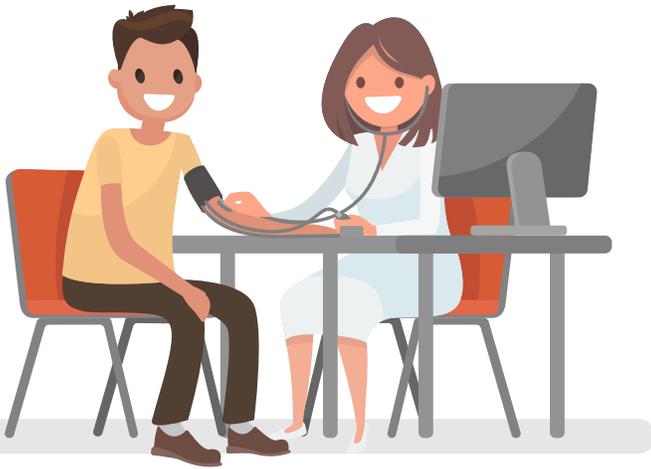
**Other diseases that can cause nephrotic syndrome include: Minimal change disorder, membranous nephropathy, and lupus.<sup>1</sup>**

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

Thomas Edison



**References:** 1. Nephrotic Syndrome. NephCure Kidney International website. <https://nephcure.org/livingwithkidneydisease/understanding-glomerular-disease/understanding-nephrotic-syndrome/>. Accessed April 22, 2020. 2. Nephrotic Syndrome in Adults. National Institute of Diabetes and Digestive and Kidney Diseases. <https://www.niddk.nih.gov/health-information/kidney-disease/nephrotic-syndrome-adults>. Accessed March 18, 2020. 3. Focal Segmental Glomerulosclerosis. NephCure. <https://nephcure.app.box.com/s/rc98yosh958s00ea0g44d1pul8iesz9a>. Accessed April 20, 2020. 4. IgA Nephropathy. NIDDK. <https://www.niddk.nih.gov/health-information/kidney-disease/iga-nephropathy>. Accessed March 18, 2020. 5. Satpathy HK. IgA Nephropathy. In: Ferri FF, ed. Ferri's Clinical Advisor 2013. 1st ed. St. Louis: Mosby; 2012: 570-571.



## Treating Nephrotic Syndrome

Doctor(s) may treat the condition that is causing the nephrotic syndrome. Medications and changes in your diet may be suggested to manage symptoms and treat complications.<sup>2</sup>

Treatment for nephrotic syndrome is different for every person. Individuals should talk to their doctor(s) to determine which treatment(s) may be right for them!

Treatments may include:

- **Medications**
- **Changes in diet**

## Goals of Nephrotic Syndrome Treatment

It is important to understand the goals of your individualized nephrotic syndrome treatment plan. Identifying and keeping track of treatment goals is a key first step. Individuals should discuss their treatment goals with their doctor. Some nephrotic treatment goals may include:<sup>2</sup>

- **Treating complications of nephrotic syndrome**
- **Managing symptoms**

## Self-Care and Nephrotic Syndrome

Coping with nephrotic syndrome can be overwhelming at times and therefore, staying positive is important. Practicing proper self-care can help and is important for both your mental and physical well-being. Some ideas for self-care may include:<sup>6</sup>

- ◆ Staying connected with friends/family
- ◆ Engaging in activities you enjoy
- ◆ Seeking humorous and upbeat entertainment
- ◆ Setting aside leisure time (eg, reading a book, watching TV, listening to a podcast)
- ◆ Investing in a hobby
- ◆ Seeking quiet through meditation and/or prayer
- ◆ Eating healthy meals
- ◆ Working with your healthcare provider to develop an exercise program that's right for you



## More Information, Support, and Educational Resources

This list includes helpful websites and organizations that provide information about nephrotic syndrome, support groups, and other resources!

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|--|---|---|
| ◆ <b>NephCure Kidney International</b><br><a href="http://www.nephcure.org">www.nephcure.org</a> | ◆ <b>National Kidney Foundation</b><br><a href="http://www.kidney.org">www.kidney.org</a> | ◆ <b>American Association of Kidney Patients</b><br><a href="http://www.aakp.org">www.aakp.org</a>      |
| ◆ <b>American Kidney Fund</b><br><a href="http://www.kidneyfund.org">www.kidneyfund.org</a>      | ◆ <b>Renal Support Network</b><br><a href="http://www.rsnhope.org">www.rsnhope.org</a>    | ◆ <b>National Alliance for Caregiving</b><br><a href="http://www.caregiving.org">www.caregiving.org</a> |



**References:** 6. Self-Care for Autoimmune Disease Patients. American Autoimmune website. <https://www.aarda.org/self-care/>. Published September, 2018. Accessed March 5, 2020.

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