



# Nephrotic Syndrome

## What is nephrotic syndrome?

Nephrotic syndrome occurs when there is a problem with the kidney's filtering system (glomeruli) causing bloodstream proteins to leak into the urine (proteinuria). Nephrotic syndrome has many causes. The most common are focal segmental glomerulosclerosis (FSGS), minimal change disease, and membranous nephropathy.

## What are some of the symptoms of nephrotic syndrome?

Large amounts of proteins lost in the urine from nephrotic syndrome may lead to:

- ◆ Swelling in parts of the body (edema) most visible in the head, hands, feet and belly
- ◆ Low level of protein in the blood (hypoalbuminemia)
- ◆ High blood cholesterol (hypercholesterolemia)
- ◆ High blood pressure (hypertension)

## What causes nephrotic syndrome?

The specific cause of nephrotic syndrome can only be made with a kidney biopsy. Children, specifically, may be treated with steroids instead of having a biopsy, if there are no other complications.

## Who gets nephrotic syndrome?

Anyone can get nephrotic syndrome. Nephrotic syndrome is one of the most common causes of chronic kidney disease and is responsible for about 12% of kidney failure in adults and 20% in children.