“Nephrotic WHAT?!”... Understanding Primary Nephrotic Syndrome

**TIP:** Many children with NS may never get a kidney biopsy.

**Nephrotic Syndrome (NS)**

is not a disease, but an umbrella term for the collection of signs and symptoms that occur when the kidney filters (glomeruli) leak protein into the urine.

**Common symptoms of NS include:**
- Foamy urine (Proteinuria)
- Swelling (Edema)
- Increased blood pressure (Hypertension)
- High cholesterol (Hypercholesterolemia)
- Low blood protein (Hypoproteinemia)

**What could be causing my nephrotic syndrome?**

Many children will not need a kidney biopsy and will go into treatment, but doctors may choose to perform a kidney biopsy to find out what is causing the nephrotic syndrome. The most common diagnoses are:

- **Focal Segmental Glomerulosclerosis (FSGS)**
  - Some sections of kidney filters show scarring.

- **Minimal Change Disease**
  - (The most common cause in children)
  - Kidney tissue shows very little change from normal kidney tissue.

- **Membranous Nephropathy**
  - Kidney tissue has a thicker than normal filtering barrier.
  - This disease is very rare in children.

**Why participate in NEPTUNE?**

To **improve** our understanding of nephrotic syndrome and develop **better** treatments

[www.neptune-study.org](http://www.neptune-study.org)
[www.NephCure.org/LivingWithKidneyDisease](http://www.NephCure.org/LivingWithKidneyDisease)