



Minimal Change Disease

What is Minimal Change Disease?

Minimal change disease can occur at any age but is the most common cause of nephrotic syndrome in children. Minimal change disease is the diagnosis given when a patient has nephrotic syndrome and a kidney biopsy shows little or no change to the structure of the kidney filters (glomeruli) or the rest of the kidney tissue. Tiny drops of a fatty substance called a lipid may be present, but no scarring has taken place within the kidney.

Who gets Minimal Change Disease?

People of all ages can get minimal change disease, though it mostly affects young children in the pre-school age group.

What are some of the symptoms of Minimal Change Disease?

The most common symptoms are swelling around the eyes, face, belly, and legs. A person with minimal change disease may make less urine, gain weight, and become swollen during active phases of the disease.

How is Minimal Change Disease diagnosed?

With results from blood and urine tests, and sometimes a kidney biopsy, a doctor can determine if a person has minimal change disease.

What causes Minimal Change Disease?

The cause is not known but researchers are actively trying to learn more.

What is the treatment for Minimal Change Disease?

Usually the doctor will prescribe a drug called prednisone or prednisolone. This drug helps to stop the loss of protein in the urine and increase the amount of urine expelled from the body. Most patients will improve on this drug after several weeks of treatment.