

Understanding Nephrotic Syndrome

Nephrotic syndrome occurs in 3 in every 100,000 adults each year.

1 Introduction

Nephrotic syndrome is a kidney disorder that causes the kidneys to release an excessive amount of protein in your urine. This disorder is relatively rare and usually results from a problem with the glomeruli in the kidneys. Glomeruli in healthy kidneys filter out the waste products, but damaged glomeruli allow protein typically kept in the plasma to leak into the urine in large amounts, decreasing the amount of protein in the blood.

2 Causes

Nephrotic syndrome is usually caused by damage to the glomeruli in the kidneys. Many diseases affect the kidneys and other parts of the body that can cause glomerular damage and lead to nephrotic syndrome, including:

- Diabetes
- Lupus
- Amyloidosis
- Membranous nephropathy
- Some allergic reactions

3 Symptoms

The most common symptoms of nephrotic syndrome are:

- Puffy eyelids and severe swelling in the legs, ankles and feet
- Foamy urine
- Weight gain due to fluid retention
- Loss of appetite
- Abdominal pain
- High fat and cholesterol levels in the blood

4 Treatments

Treatment for nephrotic syndrome varies according to symptoms, causes and the extent of the kidney damage. Treatment usually includes medications and changes to your diet aimed at reducing high blood pressure and high cholesterol. Once the cause has been treated, nephrotic syndrome may go away, and kidney function returns to normal. In some cases, nephrotic syndrome can lead to kidney failure.

Did you know?

For those with nephrotic syndrome, damaged glomeruli allow three or more grams of protein to leak into the urine over 24 hours.

For more information on nephrotic syndrome and supportive resources, please visit [kidney.org](https://www.kidney.org).

References:

<https://my.clevelandclinic.org/health/articles/5989-nephrotic-syndrome#management-and-treatment>

<https://www.niddk.nih.gov/health-information/kidney-disease/nephrotic-syndrome->

<https://www.mayoclinic.org/diseases-conditions/nephrotic-syndrome/symptoms-causes/syc-20375608>