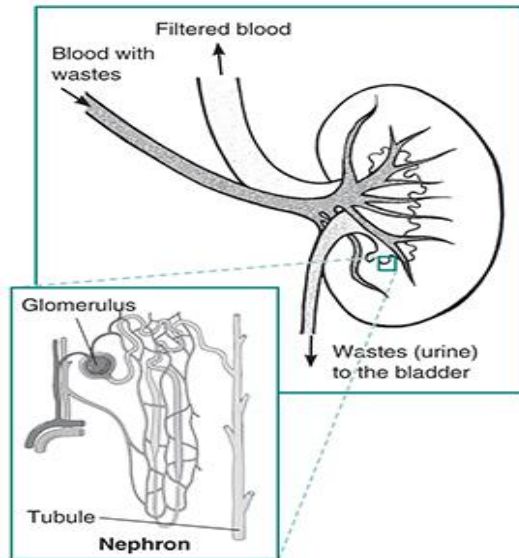


Focal Segmental Glomerulosclerosis

Focal Segmental Glomerulosclerosis (FSGS) is the most common primary glomerular disease in the United States. It causes leakage of protein in urine and scarring of kidneys. It can also lead to kidney failure.



What is FSGS?

FSGS is scarring of glomeruli. Glomeruli are the filtering units of the kidneys. The scarring changes the filtration barrier in the kidney. This leads to protein leaking into urine. The scarring can happen on its own for unknown reasons. This is called primary FSGS. Scarring can also happen due to viral infections, obesity, or birth defects in the kidney. This is known as secondary FSGS.

Signs and Symptoms

Signs and symptoms of FSGS are caused by protein leaking into the urine. This is called proteinuria. When protein is high, you can see bubbles in urine. Protein in the urine can cause low protein in the blood. This causes swelling in legs and trouble breathing due to

fluid in the lungs. It also causes high blood pressure and high cholesterol.

Diagnosis

- **Kidney biopsy:** Diagnosis of FSGS is made by kidney biopsy. A biopsy removes a small piece of the kidney. This sample helps to see scarring and damage.
- **Blood tests:** Blood tests are done to check your kidney function, protein, and cholesterol levels. They also help to find viral infections or any other cause of FSGS.
- **Urine tests:** Urine tests measure the protein in the urine.

Treatment

Treatment is based on whether you have primary or secondary FSGS. If it is secondary FSGS, you will need treatment.

If you have primary FSGS, your doctor will try to lower the protein in urine. The ways to do this are:

1. Good blood pressure control with medicines that lower protein in urine
2. Low salt diet
3. High protein diet
4. Medicines to help with swelling called diuretics (also known as “water pills”)
5. Medicines to lower cholesterol

If you still have protein in your urine after these treatments, your doctor will discuss other medicines, like prednisone, to slow down the process of scarring in your kidney.

Other Resources

The National Institute of Diabetes and Digestive and Kidney Diseases Health Information Center
1-800-860-8747

<https://www.niddk.nih.gov/health-information/kidney-disease/glomerular-diseases>

References/Sources of Images

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) (2014, April). Glomerular diseases. Accessed July 2020 from

<https://www.niddk.nih.gov/health-information/kidney-disease/glomerular-diseases>

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 07/2020. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8006