

KIDNEY SNAPSHOT:



Nephrotic syndrome and proteinuria

Kidney disease fast facts

9th leading cause of death in the United States

96 percent of people with early kidney disease **don't know** they have it



silent killer usually without symptoms until the late stages

Nephrotic syndrome (rare disease)



a group of symptoms that, together, show your kidneys aren't working as well as they should

key symptoms:

proteinuria, high blood pressure and high cholesterol

Proteinuria (protein in urine)



protein leaks from kidneys into urine, instead of staying in the blood

1st one of the first visual signs of kidney disease

signs:

foamy, frothy or bubbly urine

"Changes in the appearance of urine are often one of the first visual cues that there may be something wrong with your kidneys."

- LaVarne A. Burton, president and CEO, American Kidney Fund

For more information about nephrotic syndrome, proteinuria and keeping your kidneys healthy, visit KidneyFund.org:

- Learn more about nephrotic syndrome and other rare kidney diseases.
- Watch webinars by kidney disease experts, available on-demand.
- Learn how kidney disease can be slowed down or stopped.
- Find a free AKF kidney health screening.