

NEPHROTIC SYNDROME

Oedema, proteinuria and hypoproteinaemia collectively is termed as nephrotic syndrome, irrespective of the causes.

CAUSES

- 1) Glomerular causes:
- 2) Minimal change nephropathy.
- 3) Proliferative glomerulonephritis.
- 4) Membranous nephropathy.
- 5) Focal & segmental glomerulosclerosis.
- 6) Crescentic glomerulonephritis.

INFECTIONS

- 1) Malaria.
- 2) Hepatitis B.
- 3) Herpes zoster infections.
- 4) Streptococcal infection.
- 5) Staphylococcus infection.
- 6) Syphilis.
- 7) Leprosy.
- 8) Schistosomiasis.

FOOD ALLERGIES

- 1) Gluten intolerance.
- 2) Allergy to milk proteins.
- 3) Contaminated foods.
- 4) High intake of meat proteins.

DRUG INDUCED

- 1) Heavy metal like gold therapy.
- 2) Anticonvulsant drugs.
 - Malignancy:
- 3) Lymphomas & Hodgkin's disease.
 - Systemic diseases:
- 4) Diabetes mellitus.
- 5) SLE.
- 6) Amyloidosis.
- 7) Polyarteritis nodosa.
- 8) Cryoglobulinemia.
 - Familial disorders:
- 9) Congenital nephrotic syndrome.
- 10) Fabry's disease.
 - Miscellaneous:
- 11) Reflux nephropathy.
- 12) Renal vein thrombosis.
- 13) Toxaemia of pregnancy.
- 14) Allergic reactions to insect bites, pollens, vaccines.
- 15) Renal artery stenosis.

DIETARY MANAGEMENT

- a. To prevent massive oedema, sodium levels in the diet must be low. Usually 500mg sodium diet is satisfactory.

- b. Lots of fresh fruit and vegetables - fibre such as whole grains, fruits and vegetables can help lower total and LDL cholesterol.
- c. A balanced diet adequate in both energy and protein (1-2gm per kilogram body weight) should be adequate for most children.
- d. A very high protein diet may cause tubular damage to the kidneys as the kidneys will have to filter more of the proteins.
- e. Lean cuts of meat, less red meat, more chicken and fish
- f. Use healthy oils such as olive, canola, coconut, or sunflower
- g. If you are allergic to gluten avoid: wheat, rye, barley, oats etc.
- h. Avoid milk and milk products if you are allergic to milk proteins.
- i. Avoid proteins like - albumins from eggs and milk, globulin and casein from milk, muscle proteins from meat and soy proteins.
- j. Avoid artificial body building powders.
- k. Limit saturated fats (dairy, animal fat) and eliminate trans fat (partially hydrogenated oils found in processed and fast food)
- l. Avoid animal proteins instead consume plant source of proteins. Limit intake of protein to 40 - 50 gm per day.
- m. Consume fresh flaxseed oil as they protect kidney from further deterioration and progression to renal failure.
- n. Reduce intake of fats.
- o. Increase magnesium intake (300 - 350 mg / day).

CONSULT PHYSICIAN

- a. Treat the cause.
- b. Do not make dietary changes without consulting your physician or dietician.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .