

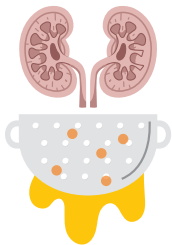
What is proteinuria?

A simple guide to understanding protein in your urine

The main job of your kidneys is to filter waste out of your blood but keep important proteins in your body. **Proteinuria (pro·tein·uria) means there's too much protein in your urine** — a sign your kidneys may not be working properly.¹

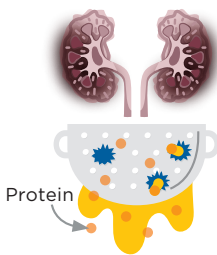


Healthy kidney



Your kidneys act like a **strainer** for your blood, keeping the good products (protein) and draining the rest (urine).¹

Damaged kidney

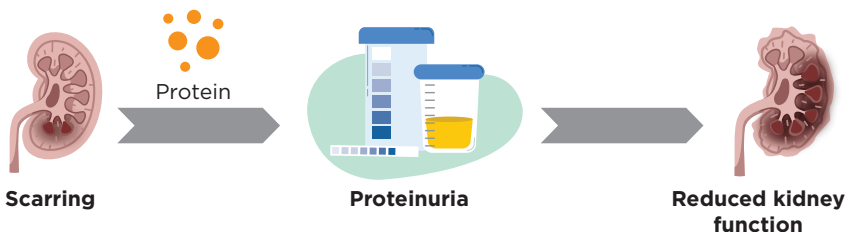


If your kidneys' filters aren't working properly, **the holes of the strainer are damaged** and let increased amounts of protein into your urine. This is called proteinuria.¹

Proteinuria and FSGS

Focal segmental glomerulosclerosis (FSGS) is a rare disease where the glomeruli, or filtering units in the kidneys, become scarred, **which causes increased proteinuria and can lead to kidney failure**.^{2,3}

FSGS progression



Symptoms of proteinuria may include foamy urine, frequent urination, or swelling in the face, legs, or abdomen — but **some people may not experience symptoms at all**.¹

Higher proteinuria levels can lead to more kidney scarring and long-term damage, so getting urine protein as low as possible is a key goal in FSGS.^{3,4}

The less protein in your urine, the better.

Know your numbers

- 1 A **simple urine test** at the doctor's office can reveal if you have elevated levels of proteinuria.¹
- 2 A kidney doctor (nephrologist) can diagnose kidney disease, **monitor your proteinuria levels** through regular lab work, and help you understand how to read your lab results.

- 3 Your nephrologist might prescribe medications to **lower proteinuria and protect your kidney function**.²

Catching proteinuria early can help protect your kidneys. Ask your doctor about getting tested.



References:

1. National Kidney Foundation. Albuminuria (proteinuria). <https://www.kidney.org/kidney-topics/albuminuria-proteinuria>. Accessed May 2025.
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3. Kidney Disease: Improving Global Outcomes (KDIGO) Glomerular Diseases Work Group. *Kidney Int.* 2021;100(4S):S1-S276.
4. Pitcher D, et al. Long-term outcomes in nephrotic syndrome by kidney biopsy diagnosis and proteinuria. *J Am Soc Nephrol.* 2025 [online ahead of print].

