

Managing proteinuria in FSGS

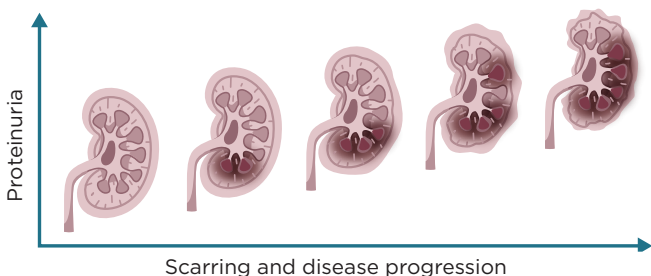
Reducing urine protein (proteinuria) is one of the main goals in managing focal segmental glomerulosclerosis (FSGS). It helps to^{1,2}:



Slow disease progression



Lower the risk of kidney failure



As proteinuria levels increase, kidneys may scar more, leading to **irreversible kidney damage**.^{3,4}

Although there is currently no cure for FSGS, a person can slow the progression of their disease by lowering and maintaining their proteinuria levels to **0.3 g/day or less**, which is referred to as **complete proteinuria remission**.^{3,4}

The diagram below explains what various levels of protein in the urine mean for your health.

Interpreting your proteinuria lab values^{1,3,5,6}

Partial proteinuria remission

<1.5 g/day

and a decrease of at least 40% from where you started

Achieving partial remission slows irreversible kidney damage

Nephrotic range

>3.5 g/day

Severely increased

>0.5–3.5 g/day

Moderately increased

>0.3–0.5 g/day

Complete proteinuria remission

≤0.3 g/day

Protein levels in your urine are very high, which can lead to serious irreversible kidney damage

Protein levels in your urine are high and could be causing irreversible damage to your kidneys

Protein levels in your urine are moderately higher than normal, and could be causing damage to your kidneys

Complete remission minimizes potential risk of kidney damage since there is very little protein leaking into your urine

Proteinuria values are shown as g/day (grams of protein excreted in the urine over 24 hours). Sometimes, you may also see proteinuria reported in mg/day (milligrams of protein excreted in the urine over 24 hours).

Complete proteinuria remission is the treatment goal for FSGS^{1,3}

Treatment plans for FSGS may vary depending on the person.³

Consult your doctor to better understand your proteinuria levels and actions that you can take.

Following a treatment plan that lowers or maintains protein in your urine can help protect your kidneys from further damage.

References:

1. Troost JP, et al. *Am J Kidney Dis*. 2021;77(2):216–225.
2. Hodson EM, et al. *Cochrane Database Syst Rev*. 2022;2(2):CD003233.
3. Kidney Disease: Improving Global Outcomes (KDIGO) Glomerular Diseases Work Group. *Kidney Int*. 2021;100(4S):S1–S276.
4. American Kidney Fund. Focal segmental glomerulosclerosis (FSGS). <https://www.kidneyfund.org/all-about-kidneys/other-kidney-diseases/focal-segmental-glomerulosclerosis-fsgs>. Accessed May 2025.
5. Haider MZ, et al. <https://www.ncbi.nlm.nih.gov/books/NBK564390/>. Updated September 4, 2023. In: StatPearls [Internet]. Treasure Island, FL: StatPearls Publishing; 2025.
6. Navigate FSGS. Understanding FSGS. <https://www.navigatefsgs.com/understanding-fsgs/>. Accessed September 2025.