



UNC
KIDNEY CENTER

Podcast Transcript:

Dr. Ron Falk

Minimal Change Disease

“Minimal Change Disease: What are the most effective treatments?”

Parent of Patient What treatments are most effective?

Dr. Falk

Prednisone—or glucocorticoids, that’s the general term—is by far and away still the most effective therapy. Children who are young, under the age of 16, usually can go into remission within 6-8 weeks. Adults with this disease can take a longer time to go into remission.

Unfortunately the problem with minimal change disease is that two-thirds of children relapse once the disease has gone into remission. So it’s the frequency of the relapse that turns out to be the most problematic.

Prednisone therapy is effective for most of these relapses, but over the course of time, depending on how many relapses one has, then, other forms of therapy may be needed, including drugs such as cyclosporine or other drugs including cyclophosphamide. For the most part, prednisone therapy is most effective.