



UNC
KIDNEY CENTER

Podcast Transcript:
Dr. Ron Falk
FSGS
“FSGS: Treatment”

Patient: Are there medicines I can take to help my symptoms or help the disease?

Dr. Falk: The most important medicines to take are medicines that lower your blood pressure. With all glomerular diseases, it's important to maintain a blood pressure in about a range of 120 to 125 over 70; 75-80 as a diastolic pressure. So blood pressure lowering is very important.

But there are specific blood pressure lowering drugs that work better at also decreasing the amount of protein in the urine. These drugs are called ACE-inhibitors, or angiotensin converting enzyme inhibitors.

And another class of drug called angiotensin receptor blockers, or ARBs. There are lots of these drugs. The ACE-inhibitors as they are called all have the suffix “-pril” at the end of the name, the generic name of the drug. So, “Enalapril” “Lisinopril” would be examples of an ace inhibitor.

The Angiotensin Receptor Blockers all are called “sartans”-they have a suffix called “-sartan.” Losartan, Candesartan, Valsartan would be examples. These are the basic drugs that are used first, but some patients need steroids. That is, glucocorticoids such as prednisone or cyclosporine or other kinds of drugs that suppress the immune system.