

Table 4**Complications of nephrotic syndrome (including cardiovascular disease)**

Complications of nephrotic syndrome	Contributing factors	Management
Oedema	Excessive salt and water retention	Minimise salt intake Loop diuretics Fluid restriction (variable)
Increased risk of venous and arterial thrombosis	Altered production and urinary loss of clotting factors Excessive diuretic use	Avoid immobility Subcutaneous heparin if admitted Role of warfarin controversial
Increased risk of infections (especially encapsulated bacteria e.g. pneumococcus)	Urinary loss of immunoglobulins and complement	Immunisation Early treatment of infection
Hyperlipidaemia	Increased hepatic synthesis of LDL cholesterol	Statin
Muscle wasting	Hypercatabolism	Nutritional assessment ± supplements
Cardiovascular disease	Endothelial dysfunction	Rigorous assessment and treatment of cardiovascular risk factors Use of ACEi/ARB