



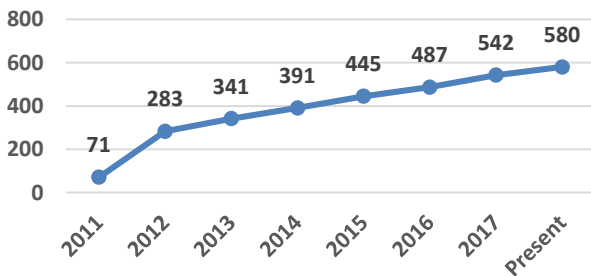
Dear INSIGHT Participants and Families,

We have officially recruited 580 participants to the INSIGHT study! This success is all thanks to the ongoing support from the INSIGHT collaborators and of course YOU, our INSIGHT participants. Thank you!



The INSIGHT Team

Enrollment



World Kidney Day



GO ORANGE IN SUPPORT OF KIDNEY AWARENESS!

On March 8, 2018, Division of Nephrology held its third annual World Kidney Day event. Over 100 patients and families, and hospital staff, attended the orange-themed event in the SickKids' Atrium to learn about their kidneys through educational games and interactive displays. The Division of Nephrology also lit up 30 landmarks around the world in orange in support of kidney awareness, including those across Canada, Europe, and Asia, with the goal of showing everyone affected by kidney disease that the world stands with them in their fight. For more information, please visit: <https://www.worldkidneyday.org/>

Nephrotic Syndrome Info Sheets

Thanks to the feedback and input from last year's INSIGHT Family Appreciation Night attendees, we have developed and published several information sheets that will assist parents and families in the care of their child's nephrotic syndrome, including:

- [Steroids](#)
- [Cyclophosphamide](#)
- [Tacrolimus](#)
- [Mycophenolate Mofetil \(MMF\)](#)
- [Rituximab](#)
- [Nephrotic Syndrome Guide for Schools](#)

Vaccines, Travel, and Diet Guides will be available soon.



RareConnect WebApp

INSIGHT is collaborating with RareConnect to create a web-based application to help report and document regular medications, urine dipstick results and symptoms.

Thank you to the parents and families who attended this year's Family Appreciation Night and provided their invaluable feedback. We will be launching in January 2019.



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And a big thank you goes to our students for all their hard work!

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Childhood Nephrotic Syndrome in Africa

After a successful consensus meeting in Ibadan back in January 2018, we are excited to announce that we are expanding our study to Africa!

INSIGHT Publications: Coming Soon!

Prevalence of asthma and allergies and risk of relapses in childhood nephrotic syndrome: The insight into nephrotic syndrome (INSIGHT) cohort study

- This paper investigates the prevalence of asthma and allergies and whether these conditions increase the risk of relapse
- There is a high prevalence of asthma and allergies in children with nephrotic syndrome, but there is no evidence of these conditions increasing the risk of relapse

Impact of steroids and steroid-sparing agents on quality of life in children

- This paper investigates the impact of medication treatment on health-related quality of life in children with nephrotic syndrome
- Steroids impacted functioning domains, such as physical, emotional, social, and educational. While steroid-sparing agents reduced fatigue domains, such as general, sleep, and cognitive

Association of Low Birth Weight and Prematurity with Clinical Outcomes of Childhood Nephrotic Syndrome: A Prospective Cohort Study

- This paper investigates whether low birth weight and/or prematurity is associated with poor outcomes in children with nephrotic syndrome
- Low birth weight/premature children were more likely to be steroid resistant compared to children with normal birth weight

Prediction of short and long-term outcomes in childhood nephrotic syndrome

- This paper investigates whether factors observed at disease presentation was able to predict clinical disease course
- Demographic and clinical characteristics at disease presentation did not yield clinically useful predictions of long-term outcomes

Visit our website at <http://lab.research.sickkids.ca/parekh/research/insight/>