

Radhika Subramani – Nephrotic Syndrome, Chronology

M: +1-919-717-1627 | E: radicalsubramani@gmail.com

<https://www.radhikasubramani.com/>

20 May 2010

- First symptoms of puffy eyes at age 6
- 24-hour urine test confirms **nephrotic syndrome**; Treatment started with steroids, **Prednisolone 50mg**

Note: An early reading around this time (24 May 2010) showed a 24-hour urine protein level of 2,560mg and serum albumin of 1.8 g/dL

23 Jun 2010

- **BIOPSY** performed at St. John's Hospital in Bangalore under **anesthesia**
- Biopsy results were **inconclusive**, but was interpreted as a case of **FSGS**. [Detailed Biopsy Report](#)

Jun 2010 – Aug 2010

- We moved Radhika under the care of **Dr. Rajan Ravichandran at MIOT hospital in Chennai**. She's been under his care for the past 16 years
- **Prednisolone** was tapered down from 50 → 40 → 32 → 24 mg during this period
- **Cyclosporine 100mg** was given for one month, then discontinued; moved to **Tacrolimus 0.5mg**

Aug 2010 – Sep 2011

- **Tacrolimus 1mg** administered for a full year, through September 2011
- **Prednisolone** tapered from 24 → 20 → 16 → 8 → 6 → 4 mg, and finally stopped on 9 January 2012

Jan 2011 – Apr 2012

- Five (5) shots (Four shots plus a booster) of **Rituximab 100mg** were administered via IV drip
 - 29 Jan 2011
 - 12 Mar 2011
 - 09 Apr 2011
 - 04 Jun 2011
 - 06 Apr 2012 (booster dose)

Apr 2012 – Aug 2022

During this period, her condition and readings remained largely steady. Doctor was of the opinion to not change anything as she seemed to be holding her own for roughly a decade. Her **Creatinine** levels averaged between **0.8 – 1.4** through this period and her medications which remained unchanged during this period were,

- **Losartan 50mg**
- **Atorvastatin 10mg**
- **Omega-3**
- **Zincovit multivitamin**

Note: This was Radhika's most stable stretch - creatinine dipped as low as 0.5 mg/dL around 2015–2016, before gradually climbing back toward 1.4 by 2022.

Aug 2022 – May 2026

- Four (4) years of college and dorm life at Duke, and eating habits impacted Radhika's diet and lifestyle.
- While her medications remained unchanged, her Creatinine levels climbed, and hovered between 1.6 – 1.8 during this period.

Jun 2026

- Radhika had an episode of **Shingles** on her upper back during the first week of June. She had recently graduated in May 2026 and had been traveling a bit in the weeks prior to June. We consulted a nephrologist (Dr. Deepesh at Manipal hospital in Bangalore) and a round of tests were done before administering her any medication for her Shingles
- **Creatinine** exceeded **2.0** for the first time

Jul 2026 – Aug 2026

- Post the Shingles, a fresh set of lab tests and ultrasound, etc. were done both at MIOT hospital as well as at Manipal hospital. Reports showed **Creatinine** elevated to **~2.1**, and the ultrasound also indicated that chronicity has set in on the left kidney.
- Medication was updated to include 500mg of Sodium Bicarb (Nodosis) in addition to existing medicines.
- The complete lab reports and the ultrasound images/reports can be found in the **Documents** page.
<https://www.radhikasubramani.com/documents>
- A few relevant ones are linked here for easy access.

[Ultrasound Images – 19 Jul 2026](#)

[Ultrasound Report – 19 Jul 2026](#)

[Lab Report – 05 Aug 2026](#)

Next Steps

- Radhika recently started working and moved to San Francisco. She needs to find a good nephrologist locally
- Her nephrologist, **Dr. Rajan Ravichandran**, has suggested she meet and seek guidance from doctors in the USA specializing in **FSGS**
- She has been advised to do a **biopsy** if her kidneys would support it, so that a conclusive diagnosis can be made