Uromodulin-associated kidney disease

Uromodulin-associated kidney disease is an inherited condition that affects the kidneys. The signs and symptoms of this condition vary, even among members of the same family.

Many individuals with uromodulin-associated kidney disease develop high blood levels of a waste product called uric acid. Normally, the kidneys remove uric acid from the blood and transfer it to urine. In this condition, the kidneys are unable to remove uric acid from the blood effectively. A buildup of uric acid can cause gout, which is a form of arthritis resulting from uric acid crystals in the joints. The signs and symptoms of gout may appear as early as a person’s teens in uromodulin-associated kidney disease.

Uromodulin-associated kidney disease causes slowly progressive kidney disease, with the signs and symptoms usually beginning during the teenage years. The kidneys become less able to filter fluids and waste products from the body as this condition progresses, resulting in kidney failure. Individuals with uromodulin-associated kidney disease typically require either dialysis to remove wastes from the blood or a kidney transplant between the ages of 30 and 70. Occasionally, affected individuals are found to have small kidneys or kidney cysts (medullary cysts).

Frequency

The prevalence of uromodulin-associated kidney disease is unknown. It accounts for fewer than 1 percent of cases of kidney disease.

Causes

Mutations in the *UMOD* gene cause uromodulin-associated kidney disease. This gene provides instructions for making the uromodulin protein, which is produced by the kidneys and then excreted from the body in urine. The function of uromodulin remains unclear, although it is known to be the most abundant protein in the urine of healthy individuals. Researchers have suggested that uromodulin may protect against urinary tract infections. It may also help control the amount of water in urine.

Most mutations in the *UMOD* gene change single protein building blocks (amino acids) used to make uromodulin. These mutations alter the structure of the protein, preventing its release from kidney cells. Abnormal buildup of uromodulin may trigger the self-destruction (apoptosis) of cells in the kidneys, causing progressive kidney disease.

Inheritance Pattern

This condition is inherited in an autosomal dominant pattern, which means one copy of the altered gene in each cell is sufficient to cause the disorder.
Other Names for This Condition

- Familial gout-kidney disease
- Familial gouty nephropathy
- Familial juvenile hyperuricemic nephropathy
- FJHN
- MCKD2
- Medullary cystic kidney disease type 2
- UMAK
- UMOD-related kidney disease
- Uromodulin storage disease

Diagnosis & Management

Genetic Testing Information

- What is genetic testing?  
/primer/testing/genetictesting
- Genetic Testing Registry: Familial juvenile gout  
- Genetic Testing Registry: Glomerulocystic kidney disease with hyperuricemia and isosthenuria  
- Genetic Testing Registry: Medullary cystic kidney disease 2  

Other Diagnosis and Management Resources

- GeneReview: Autosomal Dominant Tubulointerstitial Kidney Disease, UMOD-Related  
https://www.ncbi.nlm.nih.gov/books/NBK1356

Additional Information & Resources

Health Information from MedlinePlus

- Health Topic: Gout  
https://medlineplus.gov/gout.html
- Health Topic: Kidney Diseases  
https://medlineplus.gov/kidneydiseases.html
- Health Topic: Kidney Failure  
https://medlineplus.gov/kidneyfailure.html
Genetic and Rare Diseases Information Center

- Autosomal dominant tubulointerstitial kidney disease due to UMOD mutations

Additional NIH Resources

- National Institute of Arthritis and Musculoskeletal and Skin Diseases: Gout
  https://www.niams.nih.gov/health-topics/gout
- National Institute of Diabetes and Digestive and Kidney Diseases: The Kidneys and How They Work
  https://www.niddk.nih.gov/health-information/kidney-disease/kidneys-how-they-work

Educational Resources

- Merck Manual Consumer Version: Gout
- Orphanet: Autosomal dominant tubulointerstitial kidney disease
  https://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=34149
- Wake Forest University Baptist Medical Center
  https://www.wakehealth.edu/Condition/g/Gout

Patient Support and Advocacy Resources

- National Kidney Foundation
  https://www.kidney.org/

Clinical Information from GeneReviews

- Autosomal Dominant Tubulointerstitial Kidney Disease, UMOD-Related
  https://www.ncbi.nlm.nih.gov/books/NBK1356

Scientific Articles on PubMed

- PubMed
  https://www.ncbi.nlm.nih.gov/pubmed?term=%28%28uromodulin-associated+kidney+disease%5BTIAB%5D%29+OR+%28familial+juvenile+hyperuricemic+nephropathy%5BTIAB%5D%29+OR+%28familial+juvenile+nephropathy%5BTIAB%5D%29+OR+%28mckd2%5BTIAB%5D%29+OR+%28medullary+cystic+kidney+disease+type+2%5BTIAB%5D%29+AND+english%5Bla%5D+AND+human%5Bmh%5D+AND+%22last+3600+days%22+AND+%5Bdp%5D
Catalog of Genes and Diseases from OMIM

- **GLOMERULOCYSTIC KIDNEY DISEASE WITH HYPERURICEMIA AND ISOSTHENURIA**
  http://omim.org/entry/609886

- **HYPERURICEMIC NEPHROPATHY, FAMILIAL JUVENILE, 1**
  http://omim.org/entry/162000

- **MEDULLARY CYSTIC KIDNEY DISEASE 2**
  http://omim.org/entry/603860

Sources for This Summary

  Citation on PubMed: https://www.ncbi.nlm.nih.gov/pubmed/20301530

  Citation on PubMed: https://www.ncbi.nlm.nih.gov/pubmed/16580613

  Citation on PubMed: https://www.ncbi.nlm.nih.gov/pubmed/19056873

  Citation on PubMed: https://www.ncbi.nlm.nih.gov/pubmed/12471200
  Free article on PubMed Central: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1757206/

  Citation on PubMed: https://www.ncbi.nlm.nih.gov/pubmed/15983957

  Citation on PubMed: https://www.ncbi.nlm.nih.gov/pubmed/14570709

  Citation on PubMed: https://www.ncbi.nlm.nih.gov/pubmed/15558519

  Citation on PubMed: https://www.ncbi.nlm.nih.gov/pubmed/16883323