Your Kidneys and Kidney Cancer

DID YOU KNOW?

Kidney Disease
Having advanced kidney disease or a kidney transplant can increase your risk for kidney cancer.

Kidney Cancer
Having kidney cancer can increase your risk for kidney disease or kidney failure.

Kidney cancer is among the 10 most common cancers in both men and women.¹

About 62,000 kidney cancers occur in the U.S. each year.¹

KIDNEYS

Your kidneys’ main job is to clean waste and extra water from your blood.

Having kidney disease means your kidneys are damaged and cannot do this job well.

Over time, kidney disease can get worse and lead to kidney failure. Once kidneys fail, treatment with dialysis or a kidney transplant is needed to stay alive.

KIDNEY CANCER

Kidney cancer is a disease that starts in the kidneys. It happens when kidney cells grow out of control and form a lump (called a “tumor”). The cancer may stay in your kidneys or spread to other parts of your body.
### SYMPTOMS

Most people don’t have symptoms in the early stages of kidney disease or kidney cancer.

<table>
<thead>
<tr>
<th>Advanced Kidney Cancer</th>
<th>Advanced Kidney Disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood in the urine</td>
<td>Feeling tired or short of breath</td>
</tr>
<tr>
<td>Pain on the sides of the mid-back</td>
<td>Loss of appetite</td>
</tr>
<tr>
<td>A lump in the abdomen (stomach area)</td>
<td>Dry, itchy skin</td>
</tr>
<tr>
<td>Weight loss, night sweats, unexplained fever</td>
<td>Trouble thinking clearly</td>
</tr>
<tr>
<td>Tiredness</td>
<td>Frequent urination</td>
</tr>
</tbody>
</table>

#### Talk to Your Healthcare Provider

- About your risk for kidney cancer
- About your risk for kidney disease

### CANCER TREATMENTS

Some cancer treatments can increase your risk for kidney disease or kidney failure. Although treatment is important, ask your healthcare professional what you can do to lower your risk. The most common treatments for kidney cancer are:

**SURGERY**
- To remove all or part of the kidney (called nephrectomy). Your risk for kidney disease is higher if all (rather than part) of the kidney must be removed. However, if the tumor is large or in the center of the kidney, removing all of the kidney is often better for survival.

**MEDICINE**
- To slow or stop cancer growth. Although all cancer medicines have side effects, some can harm the kidneys. The three most common types of medicines used to treat kidney cancer are:
  - **Immunotherapy** – Drugs that work with your immune system to stop or slow tumor growth.
  - **Anti-angiogenic therapies** – Drugs that block blood supply to the tumor.
  - **Targeted therapies** – Drugs that directly inhibit the tumor growth.
Your Kidneys and Kidney Cancer

KEEP YOUR KIDNEYS HEALTHY

Don’t smoke
Maintain a healthy weight
Control blood pressure, blood sugar, and cholesterol
Avoid harmful chemicals

Get regular exercise
Eat healthy meals
Limit alcohol
Have regular checkups with your healthcare professional

FOR MORE INFORMATION

Learn more at kidney.org/atoz

Call the National Kidney Foundation’s toll-free patient help line at 855.NKF.CARES (855.653.2273) or email nkfcare@kidney.org
