



National
Kidney
Foundation®

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.**



About 1/3 of kidney cancer patients have or will develop kidney disease.²

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.

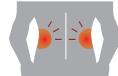
KIDNEY CANCER



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.

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

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

¹ What are the Key Statistics about Kidney Cancer. American Cancer Society. 2016;
<http://www.cancer.org/cancer/kidneycancer/detailedguide/kidney-cancer-adult-key-statistics>.
Accessed October 20, 2016.

² Chang A, Finelli A, Berns JS, Rosner M. Chronic kidney disease in patients with renal cell carcinoma.
Adv Chronic Kidney Dis. Jan 2014;21(1):91-95.



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