



What is kidney cancer?

Kidney cancer is a malignant cell growth (a tumour) in the kidneys. Its medical name is renal cell carcinoma. A tumour in the kidney can also be benign.

Kidney cancer is a general term. There are many variations of tumours in the kidney and stages of the disease. If the tumour is limited to the kidney and has not spread, this is called localized kidney cancer. In locally-advanced kidney cancer, the tumour has grown out of the kidneys into surrounding tissue and invaded veins, the adrenal gland, or lymph nodes. Doctors speak of metastatic disease if the cancer has spread either to distant lymph nodes or other organs.

Men are more likely to be diagnosed with kidney cancer than women. Most people are diagnosed between the ages of 60 and 70.

How is kidney cancer treated?

All decisions about the right treatment pathway for you are taken after careful consideration of tumour classification, your prognosis, and the availability

of treatment options in your hospital. The most important factor for selecting treatment is the stage of the disease.

Kidney cancer can be treated by:

- Partial nephrectomy
- Radical nephrectomy
- Cytoreductive nephrectomy
- Active surveillance
- Radiofrequency ablation
- Cryotherapy
- Antiangiogenic therapy
- Immunotherapy
- Chemotherapy
- Radiation therapy

What is the impact of kidney cancer on my life?

Getting diagnosed with cancer has a great impact on your life and the lives of your loved ones. It can cause feelings of anxiety, uncertainty, fear or even

depression. Undergoing treatment for cancer is intense and will affect your work and social life. To find support, approach your doctor or nurse. They will be able to give you contact information about patient organizations or others who can help you with psychological support, or practical matters such as financial advice.

You may worry about your prognosis, the impact of treatment on your financial situation, or other issues.

It is common to worry about the cancer coming back. Most people who have been diagnosed with cancer, or their loved ones, will probably have these worries and thoughts. If you feel worried, contact your doctor and find out the risks of cancer recurrence. You can also ask the doctor about psychological support if you feel you need to have someone to talk to. A patient organization can also offer support.

During treatment you will be away from your work. Talk to your boss about the best way for you to get back to work. Perhaps you could work part time, or in a different function.

Discuss with your health care team the possible financial consequences of your treatment. They might be able to direct you to people or places where you can get advice about your economic situation or even financial help.

Surgery and cancer treatment can affect your sexuality. For example, men may experience erectile dysfunction as a side effect of antiangiogenic therapy. Feelings of depression and fatigue can also have a negative effect on your sexual life. It is important that you talk to your partner about your feelings. There are many ways in which you can be intimate. If you do not want to be sexually active, be near each other, touch each other, give and take hugs, and just sit and/or lay down close to each other.

You can read more information about the topics discussed here in the various sections of EAU Patient Information on Kidney Cancer. You can find this information at: patients.uroweb.org/kidney-cancer/

This section offers general information about surgical treatment and situations can vary in different countries. No leaflet can replace a personal conversation with your doctor.

This information was updated in May 2014.

This leaflet is part of EAU Patient Information on Kidney Cancer. It contains general information about this disease. If you have any specific questions about your individual medical situation you should consult your doctor or other professional healthcare provider. No leaflet can replace a personal conversation with your doctor.

This information was produced by the European Association of Urology (EAU) in collaboration with the EAU Section of Uro-Oncology (ESOU), the Renal Cell Carcinoma Working Group of the Young Academic Urologists (YAU), and the European Association of Urology Nurses (EAUN).

The content of this leaflet is in line with the EAU Guidelines.

You can find this and other information on urological diseases at our website: <http://patients.uroweb.org>

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