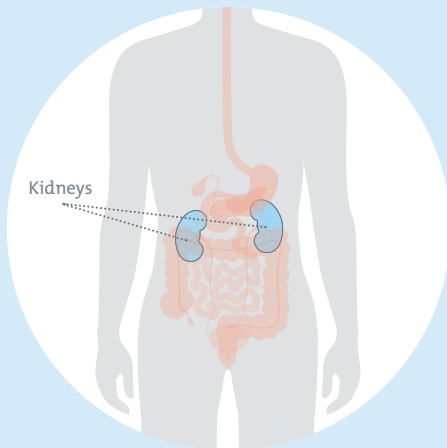




# What is kidney cancer?

*Kidney cancer occurs when cancerous cells (such as tumours) begin to grow in the kidney. It typically only affects one kidney.*

*Renal cell carcinoma is the most common type of kidney cancer.*



## Signs and symptoms

It's natural and common for changes to occur to your body as you age or go through stressful periods. For peace of mind, we encourage you to consult your GP if changes are persistent.

Signs and symptoms of kidney cancer can include:

- > blood in your urine
- > lower back pain
- > fatigue
- > a fever that is not caused by an infection and does not go away.

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## Common tests used to diagnose kidney cancer

To investigate your health concerns, your urologist or doctor may schedule one or more of the following kidney cancer tests.

### Blood and urine tests

Though blood tests are not a diagnostic tool for kidney cancer, your doctor may schedule blood tests during your first consultation to check your overall kidney, blood, and liver health.

### Biopsy

A biopsy is the removal of a small piece of tissue that will be examined under a microscope. Your doctor may request you to undergo a biopsy to determine whether you have kidney cancer.

### Imaging tests

Depending on symptoms, your doctor and care team may schedule imaging tests to assess or diagnose your cancer. Each imaging test provides your care team with a different view of your body. Common scans for kidney cancer include an ultrasound, CT or MRI.

## Treatment options

Following a diagnosis of kidney cancer, your oncologist and cancer care team will create a treatment plan tailored to the specific stage and type of cancer.

### Surgery

Depending on the stage of kidney cancer, your care team may recommend one of two forms of surgery:

#### *Radical nephrectomy*

Radical nephrectomy involves the removal of the infected kidney.

#### *Partial nephrectomy*

A partial nephrectomy is an option for patients who have small tumours. A partial nephrectomy involves removing part of the infected kidney.

### Active surveillance

If the cancerous tumours are quite small, your care team may recommend active surveillance to avoid riskier treatment options. Depending on your circumstances, you may undergo tests every three to 12 months to ensure the cancer has not progressed.

### Immunotherapy and targeted therapy

Immunotherapy and targeted therapy may be recommended for some types of kidney cancer.

Immunotherapy improves your immune system's ability to fight cancer cells.

Targeted therapy involves drugs that target features of cancer cells to stop them growing.

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## Your care team

Throughout your bowel cancer journey, your team is likely to include a urologist, nephrologist and nursing and allied health staff. You may also see other specialists, such as a medical oncologist or radiation oncologist.

Your care team is here to provide you with comprehensive treatment, access to talented, caring specialists and support for you, and your family, during this challenging time.

## Why choose Epworth for cancer care?

No one wants to experience cancer. *Our goal is to support you.*

You can expect a trusted specialist who will listen to your concerns and discuss the latest treatment options available for you to choose from. You will receive care in comfortable, nurturing spaces where your loved ones can be a part of your journey.

Your own team of experts — doctors, nurses and allied health professionals — will focus on your wellbeing. **Ask your GP for a referral to Epworth.**

## The kidney cancer pathway at Epworth

Information to help you feel prepared for your next steps.

### > Symptoms

Speak to your GP if you experience symptoms of kidney cancer.

### > Diagnosis

Your GP can refer you to Epworth to access diagnostic tests to investigate kidney cancer.

### > Treatment

Epworth specialists are here to help you understand your treatment options so you can make an informed choice of treatment.

### > Rehabilitation

Holistic rehabilitation programs are available before, after or during treatment, tailored to your individual needs.

### > After treatment

Epworth patients in remission from kidney cancer may need follow-up appointments.

## Choose your Epworth kidney cancer specialist



Click  
or scan the  
QR code



- > Urologists
- > Nephrologists
- > Medical oncologists
- > Radiation oncology service

## Epworth locations for cancer care

We are Victoria's largest not-for-profit private hospital group, renowned for excellence in diagnosis, treatment, care and rehabilitation. You will find specialist wards, imaging, pathology, and more, all onsite.

### Get access to:

- > Your choice of specialist and location.
- > Timely screening, investigation and diagnosis.
- > Treatment (including surgery, chemotherapy, radiation therapy, targeted treatment and clinical trials).
- > Modern inpatient and day oncology facilities.
- > Multidisciplinary care with experts across specialties.

### Epworth Eastern

1 Arnold Street  
Box Hill VIC 3128  
Phone 03 8807 7100

### Epworth Freemasons

109 Albert Street  
East Melbourne VIC 3002  
Phone 03 9483 3833

### Epworth Geelong

1 Epworth Place  
Waurm Ponds VIC 3216  
Phone 03 5271 7777

### Epworth Richmond

89 Bridge Road  
Richmond VIC 3121  
Phone 03 9426 666

**To become an Epworth patient, ask your GP for a referral to an Epworth specialist.**



For more information about kidney cancer visit [epworth.org.au/oncology](http://epworth.org.au/oncology)