

and conduct a physical exam first. You may be asked to take urine test to see if there is any blood in the urine and a blood test to check how well the kidneys are functioning.

You may have to have an intravenous pyelogram, ultrasound, or CT scan to identify or reveal the kidney tumour. In some cases a doctor may perform a biopsy, where your doctor will insert a small needle through the skin to the kidney to remove a small piece of tissue for examination under a microscope.

What is the treatment for this type of cancer?

There are many types of treatment options for kidney cancer:

Surgery is the most common option, which includes the removal of both of your kidneys completely, or the removal of one or part of the kidney.

Arterial embolisation is another localised option, where your doctor inserts a narrow tube into a blood vessel that supplies blood to the kidneys. The doctor then injects a substance to block the flow of blood into the kidney, starving the tumour of nutrients and oxygen it needs to grow.

Both radiation therapy, which uses high-energy radiation rays to destroy cancer cells, and chemotherapy, which uses anti-cancer drugs to eliminate cancer cells are also used to treat kidney cancer.

Biological therapy is another option, where certain

substances travel through the blood affecting cells all over the body. In this method, the immune system naturally fights the cancer.

What can I do to prevent kidney cancer?

Make sure you get yearly examination from your physician. Implement dietary changes such as limiting the intake of meats and increasing the intake of vegetables. Exercise, maintain a healthy weight, and reduce your exposure to the risk factors. Again, do not forget to talk to your physician if you experience any of the risk factors associated with this type of cancer.

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INFORMATION ON KIDNEY CANCER



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What is kidney cancer?

The kidneys are a pair of organs on either side of the spine in the lower abdomen. As part of the urinary tract, the kidneys are responsible for making urine by removing waste and extra water from the blood. The kidneys also control blood pressure and aid in the production of red blood cells. Each kidney is about the size of a fist.

Several types of cancer can start in kidney depending on the specific cell type involved. The most common is renal cell cancer, which is known as renal adenocarcinoma. Another type is transitional cell carcinoma, which affects the renal pelvis and is treated in the same manner as bladder cancer. Wilm's tumour is another type of cancer that develops in the kidneys and is the most common type of kidney cancer in children.

What are its symptoms?

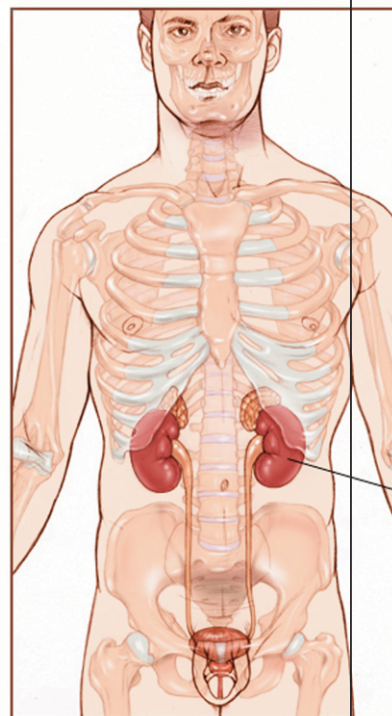
The most common symptoms of kidney cancer include blood in the urine, pain on the side which does not go away, a lump or mass on the side of the abdomen, weight loss without reason, fever, fatigue, weakness and generally, not feeling well.

While early kidney cancer usually does not cause pain, you should consult a doctor if you are experiencing any of these symptoms to have the problem diagnosed and treated. Most often, these symptoms are not due to cancer and are a result of other problems such as an infection or cyst.

What are the risk factors associated with kidney cancer?

Studies have shown the following risk factors to increase the incidence of kidney cancer:

- 1 Smoking** – If you smoke, you are twice as likely to develop kidney cancer as someone who does not smoke.
- 2 Obesity**
- 3 High blood pressure**
- 4 Long-term dialysis** – Dialysis is a treatment for people who have kidneys that do not function well enough to remove wastes from the blood.
- 5 Von Hippel-Lindau (VHL) syndrome** – An abnormal VHL gene increases the risk of this cancer. VHL is a rare disease that runs in some families.
- 6 Occupation** – If you are in contact with certain chemicals such as asbestos or



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cadmium, you are at a higher risk of developing kidney cancer. Painters and construction workers fall in this category.

- 7 Gender** – Men are more likely to be diagnosed with kidney cancers.

Most people who have the risk factors do not get kidney cancer. On the other hand, some people who develop the disease are exposed to none of the risk factors.

What tests will I have to take to detect it?

Your doctor will go through your medical history

