



***Cancer Insight Summary***  
**Slides for Patients Who**  
**Have Been Diagnosed with**  
**Renal Cell Cancer**

# Goals

- The goal of this slide presentation is to provide you and your caregivers with an educational resource to make the overwhelming journey of a renal cell carcinoma diagnosis and treatment a bit easier.
- The information provided here is designed to support and supplement the information your oncology team.
- Website links are included to resources that may be helpful to you and your loved ones.



# Communication With Your Oncology Team

- The conversations you have with your oncology team are the most important part of your cancer journey.
- Asking questions is your opportunity to clarify information you've been given and will help you and your oncology team work together.
- Keeping a list of questions will make it easier to remember them during appointments, virtual visits, and phone calls.
- The Kidney Cancer Association is an excellent resource throughout your cancer journey.

<https://www.kidneycancer.org/>



# Renal Cell Carcinoma Terminology

- Cancer care is full of complex terminology.
- The National Cancer Institute has a complete dictionary which includes the pronunciation of terms.
- These dictionaries will help you and your loved ones understand the terms and drugs that are part of your care and treatment.

<https://www.cancer.gov/publications/dictionaries/cancer-terms/>

<https://www.cancer.gov/publications/dictionaries/cancer-drug>



# Laboratory Tests

- Lab tests include blood and urine tests. They can also include fluid or tissue from a biopsy which is reviewed by a pathologist.
- Common laboratory tests:
  - CBC: Complete blood count
  - CMP: Comprehensive metabolic panel
  - TSH: Thyroid stimulating hormone
  - UA: Urinalysis
- Pathology tests:
  - Cytology: Fluid taken during a biopsy or other procedure
  - Histology: Test to analyze tissue from an organ, bone, or skin



# Radiology Tests

## Common radiology tests:

- X-ray: This provides basic image of organs, such as lungs, kidneys, ureters, intestines, and bones.
- CT scan: This provides detailed images of organs, such as the lungs, liver, lymph nodes, brain.
- MRI: This provides detailed images of organs using specialized magnet within the radiology machine. It is especially beneficial for metastasis to the brain or spinal cord. This test do not involve exposure to radiation.
- Bone Scan: This provides images taken of all the bones in the body. A small amount of radioactive tracer is given into your vein which 'lights up' on images taken several hours later.



# Risk Stratification

- Your oncologist may refer to risk stratification or risk group assignment.
- This refers to a group of clinical and laboratory factors which can indicate your prognosis.
  - Prognosis describes how serious or aggressive your cancer is, and your chances for survival.
  - This is an estimate that can help guide discussions regarding which surgery or treatment option is best for you.
- Favorable, intermediate, and poor risk groups are used to describe the prognostic groups in kidney cancer.





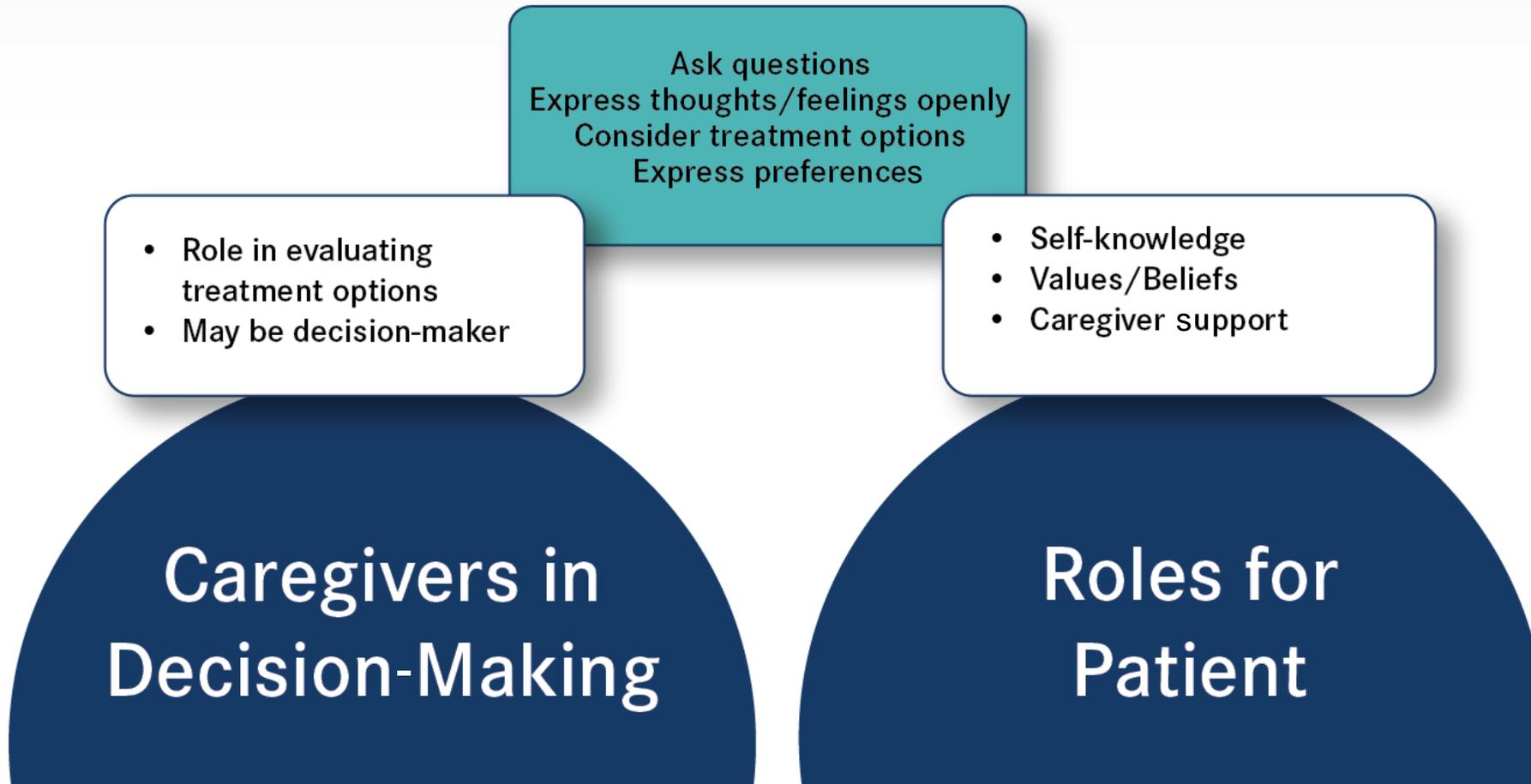
# Shared Decision-Making

- A process in which you, your caregiver, and oncologist discuss options and agree on a treatment plan
- Discussion is based on scientific evidence that includes risks versus benefits
- Includes a discussion of your goals, preferences, and expectations
- This process should continue throughout your cancer journey
- Visit this website for more information:

<https://www.kidneycancer.org/explore-your-treatment-options/>



# Shared Decision-Making



# Clinical Trials

- Your oncologist may include participation in a clinical trial as a treatment option for you
- Clinical trials are research studies done to determine if a new procedure, drug, or drug combination is safe and effective
- There are many types of clinical trials, and you should feel comfortable asking questions
- Information to consider when deciding if a clinical trial is appropriate for you is available at:

<https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/clinical-trials.pdf>





# Possible Side Effects of Kidney Cancer Treatments

- Kidney cancer treatments include drugs that target abnormal blood vessel development or improve the immune system's ability to recognize and destroy cancer cells.
- Drugs that target blood vessel development (anti-VEGF drugs) may cause your blood pressure to be higher. You may be asked to monitor your blood pressure at home.
- Drugs that improve the immune system's function may cause immune-related side effects. These result from inflammation of normal tissues or organs.
- Resources for more information include:

<https://www.kidneycancer.org/side-effects/>

<https://www.kidneycancer.org/side-effect-management/>

[https://www.kidneycancer.org/wp-content/uploads/2022/06/KCA\\_SideEffectResourceSheet\\_FINAL.pdf](https://www.kidneycancer.org/wp-content/uploads/2022/06/KCA_SideEffectResourceSheet_FINAL.pdf)

[https://www.nccn.org/docs/default-source/patient-resources/immunotherapy\\_infographic.pdf?sfvrsn=f92249ca\\_2](https://www.nccn.org/docs/default-source/patient-resources/immunotherapy_infographic.pdf?sfvrsn=f92249ca_2)





# Important Things to Tell Your Oncology Team

- It is very important to share information about how you're feeling with your oncology team.
  - Symptoms you experience could be related to your kidney cancer, treatment, or other medication you're taking.
  - Questions they ask you will help determine what may be causing the symptom and what can be done to treat the symptom.
- Your oncology team will provide you and your caregiver with specific information regarding possible side effects to watch for.
  - This may include keeping records of symptoms, blood pressure, bowel movements, or changes in appetite or energy.



# Summary

- We hope that this information is helpful to you and your loved ones as you navigate your cancer journey.
- It is meant to provide information to supplement discussions with your oncology team.
- We have included links to many reputable websites that provide detailed information.
- Thank you for the opportunity to share this information.

