NCCN GUIDELINES FOR PATIENTS®

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NCCN QUICK GUIDE™

Kidney Cancer

This **NCCN QUICK GUIDE™** sheet summarizes key points from the complete **NCCN Guidelines for Patients®: Kidney Cancer**. These guidelines explain which tests and treatments are recommended by experts in cancer. To view and download the guidelines, visit **NCCN.org/patients** or, to order printed copies, visit **Amazon.com**.

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What is kidney cancer?

The kidneys are a pair of organs that filter blood to remove waste from the body through urine. Kidney cancer causes tumors to grow inside and sometimes spread outside the kidney. RCC (**r**enal **c**ell **c**arcinoma) is the most common type of kidney cancer.	**8**

What tests do I need before treatment?

Tests that look for signs of disease	■ Family and medical history ■ Physical exam	**16**
	■ CBC and blood chemistry tests	**18**
	■ Urinalysis	**21**
First tests that find and confirm kidney cancer	■ CT scan of your belly area and possibly the pelvis ■ MRI scan of your belly area ■ X-ray of your chest	**16**
Further tests that may be needed	■ CT scan of chest ■ MRI of your brain ■ Bone scan ■ Biopsy (possible, but often done during surgery)	**24**

How do doctors rate cancer growth for treatment planning?

Cancer staging	■ Cancer staging is how doctors assess and rate the extent of the cancer. The cancer stage is based on the growth of the primary tumor and its spread to other sites in your body. It is used to plan which treatments are best for you.	**24**
Stage I	■ The tumor is 7 cm or smaller and is only in the kidney.	**27**
Stage II	■ The tumor is larger than 7 cm and is only in the kidney.	**27**
Stage III	■ The tumor has grown into a major vein or surrounding fat and cancer cells might have spread to nearby lymph nodes. Or, the tumor is only in the kidney and cancer cells have spread to nearby lymph nodes.	**27**
Stage IV	■ The tumor has grown beyond the fibrous tissue surrounding the kidney, maybe into the adrenal gland, and cancer cells have spread to nearby lymph nodes but not to tissues far away. Or, the tumor is of any size and cancer cells have spread to tissues far away.	**27**

What are the primary treatment options for kidney cancer?

Stage I	■ Surgery to remove part of the kidney is preferred ■ Surgery to remove the whole kidney	■ Active surveillance ■ Thermal ablation	**43**
Stages II and III	■ Surgery to remove the whole kidney ■ Surgery to remove part of the kidney, as needed		**49**
Stage IV	■ Surgery to remove the kidney and metastases (cancer that has spread far away), if the primary tumor can be removed and there is a small number of metastases	■ Surgery to remove some of the cancer prior to treatment with drugs, if the primary tumor can be removed and there are many metastases ■ Treatment with drugs, if the primary tumor can't be removed by surgery	**51**

What are the treatment options for kidney cancer that can't be removed by surgery or that came back after surgery?

First-line treatment with drugs	■ Clinical trial ■ Targeted therapy drug ■ Immunotherapy drug ■ Best supportive care along with any cancer treatment	**52**

What are the treatment options for kidney cancer that came back after first-line treatment with drugs?

Options after first-line treatment	■ Clinical trial ■ Targeted therapy drug ■ Immunotherapy drug ■ Best supportive care along with any cancer treatment	**56**

How do you decide between options?

Ask your doctors many questions. Also, you could get a second opinion, attend support groups, and compare the benefits and risks of different options.	**57**

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