

‘ Instead of feeling scared I now felt blessed. Yes, I’d had cancer, but I’d got it in an organ that could be removed. I encourage other men to go straight to the doctor if they have any symptoms and not to delay like I did. Get checked. Your health is more important than your work. ’

MARTIN, KIDNEY CANCER SURVIVOR

WHAT YOU SHOULD LOOK FOR

- Blood in urine
- Pain in your back or side
- Persistent high fever
- Unintentional weight loss

If you spot blood in your urine, even if it disappears, you must visit your doctor so it can be investigated. In most cases it will not be cancer, it could be an infection, but should always be checked out.

Further information

For more information on urology, its conditions and about the signs and symptoms you should be aware of visit theurologyfoundation.org/urologyhealth



Leading the fight against urology disease

The Urology Foundation is committed to transforming the lives of people with a urology condition through ground-breaking research, training and education. Working with researchers, urologists and nurses we are dedicated to improving the nation’s urology care so that fewer lives are devastated.

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 The Urology Foundation

The Urology Foundation
is a registered charity (1128683)



Knowing the signs of KIDNEY CANCER

A little TUF guide on
urology health



Every hour 7 people are diagnosed with a urology cancer.

Kidney cancer accounts for 3% of all new cases in the UK ¹ with around 10,000 people diagnosed every year. Incidence of kidney cancer is growing but more people are likely to survive than before if it is caught early. In around half of all cases, there are no symptoms and it is detected during tests for unrelated conditions.

Only 1 in 3 cases of kidney cancer are diagnosed at an early stage. There is better quality of life and treatment when kidney cancer is diagnosed early. Therefore, knowing the signs to spot and when to seek medical attention will make a real difference.

This leaflet contains information about:

- **Kidney cancer**
- **Signs and symptoms**
- **When to seek medical attention**

¹Cancer Research UK (2013), Kidney Cancer Statistics, Cancer Research UK.

Read more at <http://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/kidney-cancer#yOevi28Dve4FzeCP.99>

Kidney cancer

Every day 28 people are diagnosed with the 8th most common cancer in the UK – kidney cancer. It is more common in people over 60 and usually only one kidney will be affected – it is rare for both kidneys to have the disease. Men are more at risk than women.

WHO IS AT RISK?

The exact cause of kidney cancer is not yet known, but you have an increased risk of the disease if you:

- **Are overweight**
Obesity is a significant factor of developing kidney cancer. We also know that being less active can increase your risk.
- **Smoke or have smoked in the past**
The more you smoke the greater your risk of the disease, in fact 24% of kidney cancers are linked to smoking.
- **Have a medical condition**
Suffering from high blood pressure and kidney failure may also increase your risk of the disease.

KNOW THE SYMPTOMS

- **Blood in pee**
Your urine may be pink, red or a maroon, or may have streaks or clots in it. Blood in pee can happen suddenly and may come and go but you should always get it checked by your doctor straightaway.
- Continued ache in your side, below the ribs.
- A lump or swelling in your side.
- Experiencing an ongoing high temperature and night sweats.

The early stages of kidney cancers may only be detected in a routine ultra sound. So, if you spot any of the symptoms make sure you see a doctor.



Support The Urology Foundation

The only charity dedicated to all urology disease in the UK and Ireland. Thanks to our generous supporters we have been able to fund the brightest and best researchers and projects that fight urology disease.

You too can join the growing number of TUF supporters in the UK. There are various ways to get involved – by donating, fundraising for us or getting involved in a TUF challenge.

Please find out more on our website: <http://www.theurologyfoundation.org/get-involved>