

Top Ten Tips

for Kidney Cancer Survivors

Following diagnosis and initial treatment of kidney cancer, it is important patients have a good understanding of the appropriate long-term surveillance and care required after full or partial kidney removal. In order to help empower patients, Kidney Cancer Canada has developed the following ten tips for kidney cancer survivors:

- 1 **Become Informed** Learn about kidney cancer and its treatment. Visit the Kidney Cancer Canada website (www.kidneycancercanada.ca) for up-to-date information.
- 2 **Create your own Personal Health Record** Ask your doctor(s) for a written summary of your treatment (including the type of surgery performed and the stage, cell type, and grade of your kidney cancer). Share that written summary with all future health care professionals so they are fully informed of your cancer and treatment.
- 3 **Be Proactive** Take charge of your health. Ask questions of your urologist about your follow-up schedule and then keep all appointments.
- 4 **Follow a Healthy Lifestyle** Quit smoking, maintain a healthy weight, monitor your blood pressure and keep it under control, participate in regular physical activity.
- 5 **Be Self-Aware** Monitor yourself for any changes in symptoms, both subtle and not so subtle, and report them to your healthcare team.
- 6 **Speak Up** Ask for a referral to cancer support services (such as pain management clinics, social workers, psychological counselling) if you have any physical, emotional or psychological issues related to your cancer.
- 7 **Take Care of Your Remaining Kidney(s)** Drink plenty of water (6-8 glasses per day) and avoid taking medications that are harmful to the kidney (such as ibuprofen, Aspirin, NSAIDs).
- 8 **Know Your Risk** Ask your urologist about your risk of possible recurrence of your kidney cancer.
- 9 **Schedule Check-Ups** See your family doctor for an annual physical that includes blood and urine testing, blood pressure monitoring and healthy lifestyle management.
- 10 **Remember, You Are Not Alone** Reach out by calling or connecting online with other survivors at kidneycancercanada.ca.