

This tool was created to help you, as a person with metastatic **renal cell carcinoma**, make decisions with your healthcare team. You and your healthcare team will work together to find the best treatment for your cancer. Your loved ones and caregivers are welcome to join conversations with your healthcare team.



Metastatic **renal cell carcinoma**, or **RCC**, refers to cancer that first started in the kidneys and has spread to other parts of the body.

After completing this form, you will be able to:



- Share your most important treatment goals for your first RCC (“first-line”) treatment with your doctor (you’ll find a list of treatment goals below for you to choose).
- Work together with your doctor to choose a first-line RCC treatment in a process called shared decision making.
- Choose a treatment plan based on the pros and cons of each treatment option.
- Understand how you can help your treatment work as well as possible to treat your cancer.

Treatment Goals



When you think about your cancer treatment, what is most important to you?

To help you decide:

1. Read the list of possible treatment goals on the next page. The medical term is in bold with a definition given after.
2. Rate how important each treatment goal is to you on a scale of 1 to 5 (with 5 being most important and 1 being least important).
3. Circle your top 3 treatment goals.

Treatment Goals	Least Important 1	Slightly Important 2	Somewhat Important 3	Very Important 4	Most Important 5
 Survival: You living longer	☐	☐	☐	☐	☐
 Tumour stability or reduction: Your tumour or tumours remaining stable or getting smaller	☐	☐	☐	☐	☐
 Complete response: Cancer can no longer be detected in your body	☐	☐	☐	☐	☐
 Durable response: Your tumour or tumours staying smaller or absent for longer	☐	☐	☐	☐	☐
 Risk of progression: Less of a chance that your cancer will get worse sooner	☐	☐	☐	☐	☐
 Risk of toxicity: Less of a chance of having side effects	☐	☐	☐	☐	☐
 Quality of life: Being able to enjoy things in life while feeling as well as possible	☐	☐	☐	☐	☐
 Convenient to take: Taking the treatment is easy, with little hassle	☐	☐	☐	☐	☐
 Easy access: Getting the medication is easy, either through public coverage or private insurance	☐	☐	☐	☐	☐

For HCP Use Only – Access the myRCC Clinical Tool

Once the patient has selected their treatment goals, open the [myRCC Clinical Tool](#), via the mobile application or QR code, to review with your patient options for their first-line RCC treatment.



Next Steps



Your healthcare team will tell you about all the first-line treatments that can help treat your RCC. You will play an important role in choosing the treatment that works best for you.

1

Work through the form on the prior page to figure out what is most important to you in your treatment choice (your treatment goals).

2

You will share these treatment goals with your doctor.

3

Your doctor will explain the available treatment options based on your goals and type of cancer. You will work together to decide on the best treatment for you.

Questions About Systemic Therapy



When you make decisions about your treatment with your healthcare team, it's important for you to ask lots of questions. The questions below may help you learn about your treatment options. Feel free to write down any notes as you go.



Systemic therapy is when medicine will travel through the blood to cancer cells in different parts of your body. Systemic therapy can be given intravenously (through an IV) or as pills or tablets that you swallow.

Systemic therapy is usually used for stage 4 RCC. This means that the cancer has spread (or "metastasized") beyond the kidney to other parts of the body, such as the lungs, bones, liver, or distant lymph nodes.

Potential Questions You Might Have



What is the role of my medical oncologist?

A medical oncologist is the main doctor who will be treating your cancer. They will:

- Walk you through the treatment decision
- Come to a shared decision with you
- Monitor treatment progress
- Order follow-up tests, and
- Work with the rest of the healthcare team to manage any side effects.



Who else is on my medical team? Who should I reach out to for questions or concerns?

Healthcare teams vary between hospitals and clinics, but you may meet nurses, pharmacists, and other specialists during your treatment. Your medical team will tell you who can reach out to with questions or concerns.



What does stage 4 of kidney cancer mean for my treatment plan?

Treatments for stage 4 kidney cancer may:

- Slow down or stop the growth and spread of the cancer,
- Shrink the tumour, and/or
- Help with your cancer symptoms.

Each person has different goals for their treatment. It is important to talk to your doctor about your goals.



Why did my doctor recommend systemic therapy for me?

Your cancer has spread to other parts of your body. Systemic therapy travels in the blood to reach cancer cells throughout your body. Systemic therapy may help you live longer and provide relief from your cancer symptoms.



What are the differences between targeted therapies, immunotherapies, and chemotherapy?

Targeted therapies block cancer cells from growing, dividing, and/or spreading. Immunotherapies help your body's own immune system attack cancer cells. Chemotherapy stops or slows the growth of cancer cells but can also kill other fast-growing healthy cells. This leads to more side effects. Chemotherapy is not used very often for metastatic kidney cancer.

Write down any other questions for your healthcare team here:

Kidney Cancer Canada. Questions to Ask Your Doctor About Systemic Therapy. Accessed October 7, 2024.
<https://www.kidneycancercanada.ca/wp-content/uploads/2023/12//Systemic-therapy-guide-EN.pdf>

The content of the myRCC clinical tool was developed by a Scientific Planning Committee: Christian Kollmannsberger, MD, FRCPC (Chair); Aly-Khan Lalani, MD, FRCPC; Yasmin Rahim, MD, FRCPC; Ramy Saleh, MD, MSc, FRCPC; and Christine Collins (Kidney Cancer Canada).
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