

LOST TEMPLE FITNESS

KIDNEY - Renal Cell

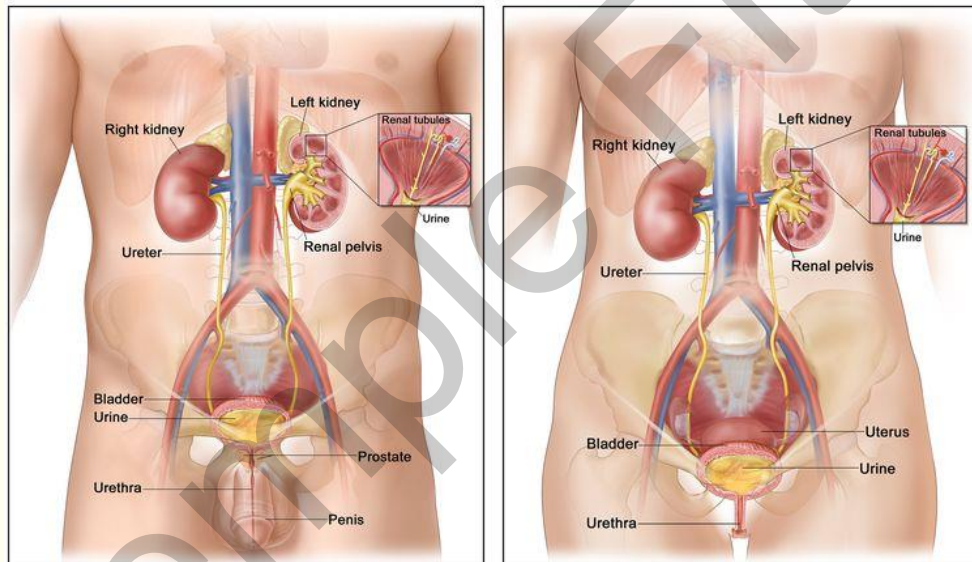
Information and pictures from *National Cancer Institute* unless otherwise specified

Description

Renal cell cancer is the most common type of kidney cancer. Renal cell cancer (also called kidney cancer or renal cell adenocarcinoma) is a disease in which malignant (cancer) cells are found in the lining of tubules (very small tubes) in the kidney

It begins in the lining of the renal tubules in the kidney. The renal tubules filter the blood and produce urine. Also called hypernephroma, renal cell adenocarcinoma, and renal cell carcinoma.

There are 2 kidneys, one on each side of the backbone, above the waist. Tiny tubules in the kidneys filter and clean the blood. They take out waste products and make urine. The urine passes from each kidney through a long tube called a ureter into the bladder. The bladder holds the urine until it passes through the urethra and leaves the body.



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Risk Factors

- Smoking.
- Misusing certain pain medicines, including over-the-counter pain medicines, for a long time.
- Being overweight.
- Having high blood pressure.
- Having a family history of renal cell cancer.
- Having certain genetic conditions, such as von Hippel-Lindau disease or hereditary papillary renal cell carcinoma.

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Treatment	<p>Radiation therapy Targeted therapy Chemotherapy</p> <p>Surgery Surgery to remove part or all of the kidney is often used to treat renal cell cancer. The following types of surgery may be used:</p> <ul style="list-style-type: none">• Partial nephrectomy: A surgical procedure to remove the cancer within the kidney and some of the tissue around it. A partial nephrectomy may be done to prevent loss of kidney function when the other kidney is damaged or has already been removed.• Simple nephrectomy: A surgical procedure to remove the kidney only.• Radical nephrectomy: A surgical procedure to remove the kidney, the adrenal gland, surrounding tissue, and, usually, nearby lymph nodes. <p>Arterial embolization When surgery to remove the cancer is not possible, a treatment called arterial embolization may be used to shrink the tumor. A small incision is made and a catheter (thin tube) is inserted into the main blood vessel that flows to the kidney. Small pieces of a special gelatin sponge are injected through the catheter into the blood vessel. The sponges block the blood flow to the kidney and prevent the cancer cells from getting oxygen and other substances they need to grow.</p> <p>After the doctor removes all the cancer that can be seen at the time of the surgery, <i>some patients may be given chemotherapy or radiation therapy after surgery to kill any cancer cells that are left.</i> Treatment given after the surgery, to lower the risk that the cancer will come back, is called adjuvant therapy.</p> <p>Biologic therapy The following types of biologic therapy are being used or studied in the treatment of renal cell cancer:</p> <ul style="list-style-type: none">• Nivolumab: Nivolumab is a monoclonal antibody that boosts the body's immune response against renal cell cancer cells.• Interferon: Interferon affects the division of cancer cells and can slow tumor growth.• Interleukin-2 (IL-2): IL-2 boosts the growth and activity of many immune cells, especially lymphocytes (a type of white blood cell). Lymphocytes can attack and kill cancer cells.
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<p>Possible Side Effects</p>	<p>A person can live with part of 1 working kidney, but if both kidneys are removed or not working, the person will need dialysis (a procedure to clean the blood using a machine outside of the body – <i>see below</i>) or a <i>kidney transplant</i> (replacement with a healthy donated kidney).</p> <p>Kidney transplant may be done when the disease is in the kidney only and a donated kidney can be found. If the patient must wait for a donated kidney, other treatment is given as needed.</p> <p>Dialysis The process of removing blood from an artery (as of a patient affected with kidney failure), purifying it by dialysis, adding vital substances, and returning it to a vein — also called hemodialysis</p> <p>Surgery</p> <ul style="list-style-type: none">• Infection• Pain• Bleeding• Potential Kidney failure <p>Biological therapy</p> <ul style="list-style-type: none">• Fluid buildup in the lungs• Difficulty breathing• Kidney damage• Intestinal bleeding• Rapid heart beat
<p>Recovery after surgery</p> <p><i>Information from CETI- Cancer Exercise Training Institute</i></p> <p>Please follow MD/surgeon protocol, as every situation is unique.</p>	<p>Open Nephrectomy:</p> <ul style="list-style-type: none">➤ Hospital Stay: Up to one week➤ Full Recovery: 3-6 weeks➤ Restrictions: No heavy lifting or strenuous activities for 6 weeks.➤ Permanent Contraindications: Those with <i>one</i> kidney should avoid high impact sports such as:<ul style="list-style-type: none">○ Hockey, football, martial arts, boxing/sparring, skiing, soccer, wrestling, etc.○ If participating use extra protective padding.➤ Exercise: Walking

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Other Recommendations	<ul style="list-style-type: none">• Avoid exercises that use your abdominal muscles and strenuous activities such as bicycle riding, jogging, weightlifting, or aerobic exercise until your doctor says it is okay.• For at least 6 weeks, avoid lifting anything that would make you strain.• Hold a pillow over the cuts the doctor made (incisions) when you cough or take deep breaths. This will support your belly and decrease your pain.• Do breathing exercises at home as instructed by your doctor. This will help prevent pneumonia.• Absolutely no heavy lifting or exercising (jogging, swimming, treadmill, biking) for six weeks or until instructed by your doctor.• Transplant recipients can engage in virtually any type of exercise or sport. <i>Only those sports that regularly involve direct blows to the kidney are discouraged</i>
References	<p>CETI- Cancer Exercise Training Institute: https://www.thecancerspecialist.com/</p> <p>Kidney Cancer - National Cancer Institute https://www.cancer.gov/types/kidney</p> <p>Renal Cell Cancer Treatment – National Cancer Institute https://www.cancer.gov/types/kidney/patient/kidney-treatment-pdq</p>