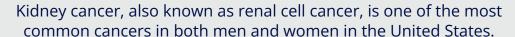
# KIDNEY CANCER BRIEF





# **KIDNEY / RENAL CANCER**

MOST FREQUENTLY **DIAGNOSED** CANCER IN THE U.S.

### **RISK FACTORS**



#### **SMOKING**

· Don't smoke, or quit if you do



#### **BEING OVERWEIGHT**

- Maintain a healthy weight
- Eat a healthy diet
- Stay physically active



#### **EXPOSURE TO CHEMICALS**

• Be very careful if you work with metals or are exposed to certain kinds of chemicals, such as trichloroethylene

Along with genetics, race/ethnicity, and sex, the following can also be associated as high risks:



HIGH BLOOD **PRFSSURF** 



**LONG-LASTING** INFECTIONS



LONG-TERM CONSUMPTION 6 OF CERTAIN MEDICATION

# **IN LOUISIANA**

60-84

KIDNEY CANCER IS MOST COMMON AT THIS AGE

1,251

**NEW CASES ARE FOUND EACH YEAR** 

### LOUISIANA RANKS

IN THE U.S. FOR KIDNEY CANCER DEATHS

## THERE ARE NO CURRENT RECOMMENDED **SCREENING TESTS**

Kidney cancer can sometimes remain undetected until it reaches an advanced stage.

It is important to consult with a primary care provider (PCP) to receive the proper preventive guidance to detect this cancer early.

# **HELPFUL TIPS**

- Be proactive Establish care with a primary care provider (PCP) to maintain routine well checks.
- Know your medical history With certain inherited conditions, you may be at a high risk of developing kidney cancers. It is important to communicate with your doctor to determine if you are at risk.
- Educate yourself on what you can do Although there are no recommended screenings for kidney cancer, your doctor can give you information about tests (i.e., blood, urine, ultrasounds, imaging, genetic testing).





