



# We need to talk about living with kidney cancer

World Kidney Cancer Day | 15 June 2023

## We need to talk about maintaining quality of life

When you're diagnosed with kidney cancer, hospitals, tests and treatments become a big part of your life. But as one patient put it: "Do I want to spend all day every day worrying or do I want to get on with the things I want to do?". Whatever your age, whatever your stage, there are things every patient and carer can do to help you maintain physical and mental wellbeing, manage the side effects of your treatment and lead the best life you can when living with kidney cancer.

### Diet and nutrition

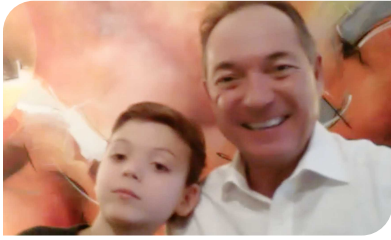
Our kidneys regulate many dietary functions, so when they are compromised by cancer or cancer treatments, changing what you eat and drink is often essential. Some kidney cancer treatments leave you with no appetite, nausea or diarrhoea at times when you most need good nutrition. Also being able to eat and enjoy food with friends and family is important for mental wellbeing. Talk to your cancer team or a nutritionist about what changes might be right for you and see the resources available on the World Kidney Cancer Day website.

"I would advise other patients to consult a dietician as well as an oncologist"



**Mr Lama. Patient. India**

"It's not just physical activity that's important, but physical activity that is mentally stimulating too"



TJ. Carer. Canada

## Physical activity

There was a time when many cancer patients were simply told to go home and rest. Today, experts agree that being as physically active as your body can tolerate will help you at every stage of treatment and recovery. Walk, swim, tennis, tai chi, yoga: find an activity you can do and like to do; not just for your physical wellbeing but for your mental wellbeing too.

## Patient to patient

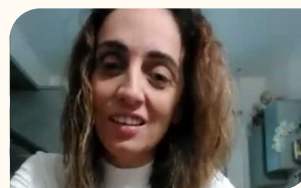
As part of World Kidney Cancer Day 2023, we asked patients and carers around the world what advice they would give someone recently diagnosed with kidney cancer to help them maintain quality of life. Here are some of the things they said:

"Anxiety for tomorrow just ruins today. So just enjoy every moment you can"



Joel. Patient. USA

"Negative thoughts don't help you, they just keep you down"



Liberty. Patient. Greece

"You need all the support you can get. In my case it was this support group"



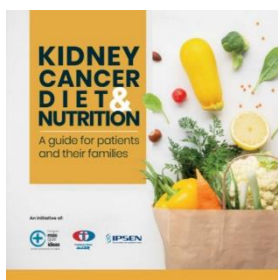
Jukka. Patient. Finland

"The fight is all mental really, it's trying not to let cancer rule your life"



Martin. Patient. UK

## Other resources

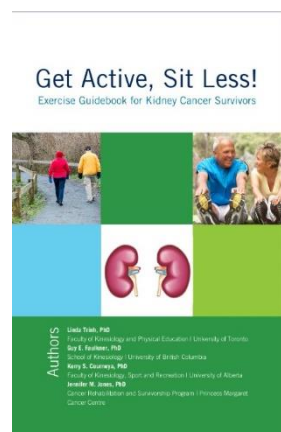


### Kidney Cancer Diet & Nutrition

The IKCC's Spanish affiliate, ALCER Federacion National, has produced a nutrition guide specifically for people living with kidney cancer. It is available in Spanish or English and soon in Portuguese. Download a FREE copy at

[kidneycancerCanada.ca/nutritionguide](http://kidneycancerCanada.ca/nutritionguide) (English)

[kidneycancerCanada.ca/nutritionguidees](http://kidneycancerCanada.ca/nutritionguidees) (Espanol)



### Get Active, Sit Less

Exercise and cancer specialist Dr Linda Trinh has produced a guide to physical activity for people living with kidney cancer which is available in English and French. Download your FREE copy at

[kidneycancerCanada.ca/exerciseguide](http://kidneycancerCanada.ca/exerciseguide)

[cancerdurein.ca/guideexercice](http://cancerdurein.ca/guideexercice)

If you live in Canada, you can get a free paper copy.

[Order Form](#)



### My Journey with Stage IV RCC

Patient Joel Stern has written an inspiring book about his own experiences living with kidney cancer based on his weekly posts to his support group. You can buy a copy on Amazon with all proceeds going to kidney cancer charities.

Find out more at

[worldkidneycancerday.org/my-journey](http://worldkidneycancerday.org/my-journey)

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