

# Take me to your doctor

A discussion guide and checklist for people living with kidney cancer.

Chances are, you already know the importance of keeping your kidneys healthy; not just for your physical and mental health but because poor kidney function affects quality of life and can exclude you from some treatments and clinical trials. But a lot of us living with kidney cancer don't know the best way to care for our kidneys. So, for World Kidney Cancer Day 2025, we've created this simple checklist for you to print out and discuss with your doctor.

## Can I do a kidney health check?

There are three simple kidney tests your doctor can do:



### 1. Monitor blood pressure

Low kidney function raises blood pressure; high blood pressure puts stress on your kidneys. Your doctor can give you medication to control your blood pressure.



### 2. Check your urine

Too much protein in your urine (proteinuria) can be a sign of reduced kidney function. Your doctor can also test your UACR (Urine Albumin:Creatinine Ratio).



### 3. Do a blood test

Your doctor can check for creatinine and eGFR (estimated Glomerular Filtration Rate), both signs of how effectively your kidneys are filtering your blood.

## Diabetes?

Make sure your doctor is aware of your diabetes and whether it's Type 1 or Type 2. If you use insulin, be sure to regularly monitor your blood glucose and A1C levels. Ask your doctor if you would benefit from a continuous glucose monitor.

## Other medications or supplements?

Tell your doctor everything you are taking - even everyday medications like aspirin and ibuprofen. Many herbal supplements are also harmful to kidneys. It helps to take the packs along with you (or photos of them), so you don't forget anything.

## Immuno-compromised?

Be sure to let your doctor know if your immune system is not working as well as it should. A compromised immune system makes it harder for your body to fight off illnesses.

# What else can I do to maintain kidney health?

There are also lifestyle changes that can make a big difference to kidney health. Here are four of them.  
Talk to your doctor about which are most important for you.



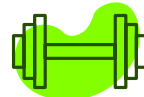
## Quit smoking:

Smoking is harmful to your kidneys, may increase the side effects and decrease the effectiveness of cancer treatments. It is also a major risk factor for many cancers, high blood pressure and heart disease.



## Maintain a healthy weight:

This reduces your risk of cancers and heart disease. If you need to lose weight - or gain weight, as people with kidney cancer often do - your doctor may be able to help.



## Be active but avoid contact sports:

Being active is beneficial for both physical and mental health. But contact sports - like football or most martial arts - put your kidneys at risk.



## Drink enough water and no alcohol:

It is important to stay hydrated. Drink sufficient water to satisfy normal thirst. When thirsty, choose water. The World Health Organisation (WHO) recommends no alcohol at all.



**Show your kidneys  
some love**



Learn more about keeping your kidneys healthy at [worldkidneycancerday.org](http://worldkidneycancerday.org) / For more information about kidney cancer in general, visit the International Kidney Cancer Coalition's website at [ikcc.org](http://ikcc.org)

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