

Kidney Cancer

Kidney cancer occurs when cells in the kidney develop genetic mutations that cause them to grow uncontrollably. As these abnormal cells build up, they can form a tumor. The most common type of kidney cancer is renal cell carcinoma, which begins in the lining of the tiny tubes within the kidney.

Statistics

- In 2026, an estimated 80,450 new cases of kidney and renal pelvis cancers will be diagnosed in the United States.
- An estimated 15,160 people will die from cancers of the kidney and renal pelvis in 2026.
- The five-year survival rate for cancer that develops in the kidney is 79%, but just 52% for cancer that develops in the renal pelvis.

Risk Factors

There are several risk factors that can increase a patient's risk of developing kidney cancer, such as:

- **Tobacco use:** Tobacco releases harmful chemicals into the bloodstream, which can damage DNA and trigger mutations in kidney cells.
- **Excess body weight:** Carrying extra body weight can force the kidneys to work harder, increasing the risk of developing diabetes and high blood pressure. Both diseases can create an environment that promotes tumors to form and grow.
- **Physical inactivity:** A non-active lifestyle can promote favorable conditions for tumors to grow through inflammation and higher insulin resistance.
- **Chronic high blood pressure (Hypertension):** Long-term hypertension can damage the kidneys and blood vessels, creating a favorable environment for tumors.
- **Exposure to certain harmful chemicals:** Harmful chemicals, such as PFAS, cadmium, and benzene, have been associated with a higher risk of kidney cancer.

Symptoms

The symptoms of kidney cancer differ from person to person, but here are some common signs:

- Blood in the urine
- Pain or a lump in the lower back or abdomen
- Fatigue
- Weight loss
- Fever
- Anemia

Prevention

There is no sure way to prevent kidney cancer. However, you can take steps to lower your risk, such as:

- Quitting smoking
- Maintaining a healthy weight by staying active and eating a healthy, nutritious diet

Treatment Options

Surgery is usually the first-line treatment for most localized (restricted to a specific area) kidney cancers. Depending on the stage of disease and the tumor's location and size, kidney cancer may be treated with one or a combination of the following:

- Surgery
- Active surveillance
- Ablation therapy
- Immunotherapy
- Targeted therapy drugs

About Texas Oncology

Founded in 1986, Texas Oncology is an independent, physician-led practice and a member of the US Oncology Network. With more than 550 physicians and 300 locations across Texas, Texas Oncology serves over 250,000 cancer patients each year.

Texas Oncology provides advanced care across 19 specialties and offers a comprehensive clinical trials and research program that has contributed to the development of more than 100 FDA-approved cancer therapies. Learn more at [TexasOncology.com](https://www.texasoncology.com).