If you or your loved one has been diagnosed with a kidney tumor / mass, reliable information regarding this condition is often difficult to obtain. This guide was developed with you in mind. It is important that you have a good understanding of the diagnostic and treatment options available in order to make an educated choice on how to best proceed with your treatment. The Kidney Cancer Team at Fox Chase strongly believes that an engaged and educated patient is an empowered patient and is dedicated to working with you to make the best possible decisions regarding your care.

In addition to empowering yourself with information, you should also take into account the experience of your physicians. The multi-disciplinary Fox Chase team is the region’s leader in kidney cancer care. We have treated the most patients in the Philadelphia region every year for the past 5 years and continue to set new standards for care excellence. Our physicians are not just clinical experts; they are world renowned cancer researchers as well. The results of research studies led by Fox Chase physicians have been presented to the international medical community and have been pivotal in advancing the state of knowledge in kidney cancer diagnosis and treatment.

“If it were not for Dr. Uzzo’s skills as a surgeon, I am not sure I’d be here today.”

Arlene Lepore
Our care philosophy is rooted in putting the patient first. We carefully examine each case to tailor a personalized treatment plan for you. Patients who have been told elsewhere that their kidneys must be removed have found alternative treatment options at Fox Chase that don’t always involve surgery—and almost always allow preservation of their kidney. Our multidisciplinary team of medical oncologists, radiation oncologists and surgical oncologists work together to coordinate your care to deliver the best possible clinical outcome.

Guide to Care

Generally, when patients are diagnosed with a kidney mass, imaging studies will determine whether the tumor is localized to the kidney or if it has spread beyond the kidney to other parts of the body. For patients with localized disease, surgical resection remains the gold standard and is superior to therapies such as cryotherapy or radiofrequency ablation. For patients whose tumor has left the kidney (metastatic disease), Fox Chase offers unparalleled treatment options. With the development of what is known as “targeted therapy,” metastatic kidney cancer can now be controlled better than ever. In fact Fox Chase led the effort to bring leading targeted therapy agents into clinical practice. In addition to the latest cutting edge treatments for advanced kidney cancer, Fox Chase is developing and evaluating a number of new therapies often before they are available anywhere else.

For patients whose tumor appears localized several key points are important to remember:

All kidney tumors are not malignant.
Approximately 15-20% of newly diagnosed localized kidney masses are benign. Such lesions—largely complex cysts, oncocytomas, and angiomyolipomas—are often indistinguishable from kidney cancer with modern imaging. However, at times, expert radiologists are able to review a patient’s imaging study and make a diagnosis of a benign lesion, saving an individual from unnecessary treatment. In fact, the Kidney Cancer team at Fox Chase is fortunate to work with some of the best radiologists in the region.

Fox Chase physicians are performing cutting edge research to develop tools that are able to separate high risk cancers from tumors that do not pose an immediate risk to patients.
Understand the Goals of Treatment.

Primary treatment goal: Oncologic cure – cancer control must never be compromised and surgical resection is the gold standard treatment for patients with kidney tumors. Yet, for some patients “active surveillance” is often an ideal initial option of choice. Fox Chase physicians are international experts in the field of active surveillance for small kidney tumors. www.ncbi.nlm.nih.gov/pubmed/21766302

Secondary treatment goal: Kidney preservation. Importantly, years of experience with nephron preserving surgery (partial nephrectomy) demonstrates that this approach is oncologically safe and is associated with long-term benefits to overall health. Fox Chase physicians are the region’s undisputed leaders in kidney preservation surgery, having performed the most partial nephrectomies in the Delaware Valley. In fact, a standardized system to classify features of kidney tumors as they relate to ability to safely perform partial nephrectomy was developed at Fox Chase in 2009 and is currently used by kidney surgeons all over the globe. www.ncbi.nlm.nih.gov/pubmed/19616235  Furthermore, Fox Chase physicians are expert in ablative procedures such as renal cryotherapy or radioablation, which is reserved for select patients. www.ncbi.nlm.nih.gov/pubmed/22521770

Tertiary treatment goal: Utilization of minimally-invasive surgical approaches. Fox Chase physicians are leaders in minimally-invasive surgical techniques with one of the largest robotic kidney surgery experiences in the world. www.ncbi.nlm.nih.gov/pmc/articles/PMC2879432/

Many tumors that surgeons at other institutions resect through a large incision, Fox Chase surgeons can resect using robotic techniques. www.ncbi.nlm.nih.gov/pubmed/22498208

Be Prepared During Your Visit. Here are some questions to pose to your treating physician whether or not you choose to seek an opinion at Fox Chase:

Understand the characteristics of your mass: size of tumor, clinical stage of tumor, RENAL nephrometry score http://www.nephrometry.com. If your tumor has been resected, be sure to obtain information regarding pathologic stage, grade and histology.

- I understand
- I have my information regarding stage, grade and histology

Request an appointment 215-728-3098 | www.foxchase.org
Why or why not do a biopsy? A percutaneous biopsy (performed under radiographic guidance) can sometimes provide valuable information to guide treatment decisions in select cases.

**Am I a candidate?**
- yes
- no

**Treatment Options:**

**Active Surveillance**

**Am I a candidate?**
- yes
- no

**Medical Therapy** (generally reserved for tumors that have spread)

**Am I a candidate?**
- yes
- no

**Renal mass ablation** (generally reserved for frail patients whose surgical risks are prohibitive).

**Am I a candidate?**
- yes
- no

**Surgery**

* nephrectomy: Is your surgeon familiar and experienced with kidney preservation techniques? Is he/she comfortable performing partial nephrectomy minimally-invasively, thus accelerating your recovery and minimizing pain?
- yes
- no

* radical nephrectomy if radical nephrectomy is offered, be sure to establish that partial nephrectomy is not possible at a more experienced center.
- yes
- no

**Risks of treatment:** be sure to understand risks associated with each option.
- I understand

In summary, kidney cancer is a rare disease and its treatment is rapidly evolving. Fox Chase is not only on the cutting edge of both medical and surgical treatment for kidney cancer, but is an undisputed international leader in the treatment of this condition. We take enormous pride in providing world-class care for patients with renal mass. Please contact us at 215-728-3098 if you have any questions or if you would like to schedule an appointment.

**Make an Appointment or Request a Second Opinion Now**

If you would like to set up consultation with a kidney cancer specialist, please call 215-728-3098.
The Fox Chase Kidney Cancer Care multispecialty team of doctors and other medical professionals are waiting to hear from you.
Map

For directions by car and public transportation, call 1-888-FOX CHASE
or visit our website at www.foxchase.org/information/directions

Fox Chase Cancer Center
333 Cottman Avenue
Philadelphia, PA 19111

Fox Chase Cancer Center
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Rockledge, PA 19046