

### Reference Sources for World Kidney Cancer Q & A Day Quiz Answers

Question	Answer	Reference
1. Which Kidney is correct?	Being tall has been linked to an increased risk of kidney cancer, while some studies suggest moderate alcohol intake may even reduce your risk.	World Cancer Research Fund International. Continuous Update Project (CUP). Kidney Cancer report 2015. Diet, nutrition, physical activity and kidney cancer. Available at: <a href="http://www.wcrf.org/sites/default/files/Kidney-Cancer-2015-Report.pdf">http://www.wcrf.org/sites/default/files/Kidney-Cancer-2015-Report.pdf</a> Accessed May 2017
2. Which country has the highest rate of kidney cancer in the world?	<b>The Czech Republic has by far the highest rate of kidney cancer in the world and more research is needed to understand why.</b>	World Cancer Research Fund International. Kidney cancer statistic. Available at: <a href="http://www.wcrf.org/int/cancer-facts-figures/data-specific-cancers/kidney-cancer-statistics">http://www.wcrf.org/int/cancer-facts-figures/data-specific-cancers/kidney-cancer-statistics</a> Accessed May 2017
3. Chemotherapy is an effective treatment for kidney cancer.	Most types of kidney cancer do not respond to chemotherapy.	American Cancer Society. If you have kidney cancer, 2016. Available at: <a href="https://www.cancer.org/cancer/kidney-cancer/if-you-have-kidney-cancer.html">https://www.cancer.org/cancer/kidney-cancer/if-you-have-kidney-cancer.html</a> Accessed May 2017
4. Which one of the following does NOT increase your risk of kidney cancer?	<b>Smoking any tobacco, having high blood pressure or a family history of kidney cancer are all significant risk factors.</b>	Chow WH, Dong LM, Devesa SS: Epidemiology and risk factors for kidney cancer. Nat Rev Urol 7:245-57, 2010
5. During the 24-hours of World Kidney Cancer Q&A Day, how many new cases of kidney cancer will be diagnosed?	925 new cases are diagnosed every 24-hours - that's about one every 90 seconds.	World Cancer Research Fund International. Kidney cancer statistic. Available at: <a href="http://www.wcrf.org/int/cancer-facts-figures/data-specific-cancers/kidney-cancer-statistics">http://www.wcrf.org/int/cancer-facts-figures/data-specific-cancers/kidney-cancer-statistics</a> Accessed May 2017
6. Which of the following types of urine is a possible sign of kidney cancer?	<b>Pinkish or bright red urine could be blood in the urine and a possible sign of kidney cancer or another serious condition. See your doctor immediately.</b>	NHS Choices. Blood in urine (haematuria), 2015. Available at: <a href="http://www.nhs.uk/conditions/blood-in-urine/Pages/Introduction.aspx">http://www.nhs.uk/conditions/blood-in-urine/Pages/Introduction.aspx</a> Accessed May 2017
	<b>Dark yellow urine may mean you are dehydrated and need more fluids</b>	NHS Choices. Dehydration - Symptoms, 2015. Available at: <a href="http://www.nhs.uk/Conditions/Dehydration/Pages/Symptoms.aspx">http://www.nhs.uk/Conditions/Dehydration/Pages/Symptoms.aspx</a> Accessed May 2017
	<b>Foamy urine can be protein leaking from your kidneys - see your doctor</b>	American Kidney Fund. Protein in urine. Available at: <a href="http://www.kidneyfund.org/kidney-disease/kidney-problems/protein-in-urine.html">http://www.kidneyfund.org/kidney-disease/kidney-problems/protein-in-urine.html</a> Accessed May 2017
	<b>Light yellow, clear urine is normal</b>	NHS Choices. Dehydration - Symptoms, 2015. Available at: <a href="http://www.nhs.uk/Conditions/Dehydration/Pages/Symptoms.aspx">http://www.nhs.uk/Conditions/Dehydration/Pages/Symptoms.aspx</a> . Accessed May 2017
7. If kidney cancer is detected early in ten people, how many of them are likely to survive more than five years?	When detected early, kidney cancer survival rates are eight out of ten, some of the best in the cancer world.	Cancer Research UK. Kidney cancer survival statistics. Available at: <a href="http://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/kidney-cancer/survival">http://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/kidney-cancer/survival</a> Accessed May 2017

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