

WORLD KIDNEY CANCER DAY



*We need to talk
about physical activity*

18 June 2020



2020 Campaign Report

OVERVIEW

On 18 June 2020, the International Kidney Cancer Coalition (IKCC) and its 44 affiliate organisations, global sponsors and supporters around the world joined together to mark World Kidney Cancer Day 2020 with the “We need to talk about physical activity” campaign.

Overall we estimate upwards of between 2,500,000 - 3,000,000 impressions were seen of our campaign material, paralleling the 2019 campaign results.

Of this, the World Kidney Cancer Day YouTube material delivered a total of 2,288,808 impressions with 1,127,185 completed views of our messages about physical activity and kidney cancer.

This reach was magnified by many of the participating affiliates, sponsors and medical associations to create a significant worldwide presence.

Over 8000 visits were made to the WKCDay website and 180 people downloaded the Get Active Sit Less 102 page book.

OVERVIEW

Countries that performed well throughout the campaign were Brazil, Germany, Korea, Spain, UK and the USA.

We consider this to be an outstanding result given that the overwhelming comment from all reports can be summarized in the following response -

“As you can imagine, we were somewhat preoccupied with COVID”

There was a general consensus that the respondents “were happy with this year’s campaign” but their biggest challenge was conflicting priorities with the COVID-19 pandemic and lack of resources to instigate the campaign to their full ability.

The WKCDay campaign was also deemed low priority by many local and national media due to competition from the massive amount of COVID-19 news stories.

AFFILIATE HIGHLIGHTS

BRAZIL - INSTITUTO ONCOGUIA

A comprehensive multi-media campaign (Facebook, Instagram, YouTube) that incorporated educational content, patient mobilization, cancer specialists, famous local athletes and even a virtual flash mob to inform and raise awareness of the disease.

SOCIAL MEDIA POSTS

Junho é o mês de conscientização sobre o Câncer de rim. Nós estamos participando da campanha mundial do Câncer de rim que alerta aos atores a importância da atividade física para a prevenção da doença e também para melhorar os resultados no tratamento. As pesquisas que já foram diagnosticadas com câncer de rim. No Brasil, o INCA não divulga estatísticas de novos casos para 2020. No entanto, em 2019, foram previstos 5.376 novos casos no país. Quer saber mais sobre este tipo de câncer? Acesse: <http://www.oncoguia.org.br/.../tema-de-foco-pe.../5505/1102/>

#CâncerDeRim #WKC #KCC #Oncoguia #VocêNãoEstáSozinho

Estar fisicamente ativo ajuda na prevenção e tratamento do câncer de rim



DIA MUNDIAL DO CÂNCER DE RIM
Precisamos falar sobre atividades físicas
18 de Junho de 2020

CLIQUE PARA SABER MAIS

Estudos mostram que manter-se fisicamente ativo ajuda a reduzir em 22% o risco de desenvolvimento do Câncer de rim. Você sabia? Outras formas de prevenir a doença são: evitar o tabagismo, manter o peso ideal, cuidar da sua pressão e controlar o seu histórico familiar. Quer saber mais? Confira em nosso portal: <http://www.oncoguia.org.br/.../tema-de-foco-pe.../5505/1102/>

#CâncerDeRim #WKC #KCC #Oncoguia #VocêNãoEstáSozinho

Atividades físicas reduzem o risco de câncer de rim em até 22%



DIA MUNDIAL DO CÂNCER DE RIM
Precisamos falar sobre atividades físicas
18 de Junho de 2020

CLIQUE PARA SABER MAIS

LIVE ON YOUTUBE & FACEBOOK

Para encerrar o mês de conscientização sobre o câncer de rim, conversamos com a oncologista clínica do Hospital Israelita Albert Einstein, Ana Paula Cardoso, e com a paciente e Causadora Oncoguia, Leidiane Alves. Envie suas perguntas, tire suas dúvidas!

Saiba mais sobre câncer de rim: <http://www.oncoguia.org.br/cancas-nome/cancer-de-rim/3/153/>

#CâncerDeRim #LiveOncoguia #Oncoguia #VocêNãoEstáSozinho



Câncer de rim: vamos falar?
01:02:18
Leidiane Alves, Luciana Holtz, Presidente, Ana Paula

BRAZIL - INSTITUTO ONCOGUIA

CELEBRITY POSTS ON INSTAGRAM

Followers: 6M

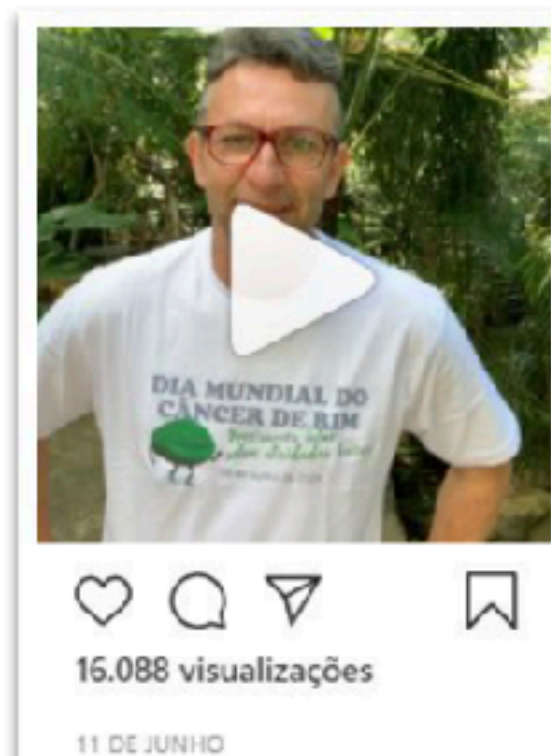


@denilsonshow

Likes: 28,3k

Comments: 279

Followers: 1,3M



@IOneto

Views: 16k

Comments: 65

BRAZIL - INSTITUTO ONCOGUIA

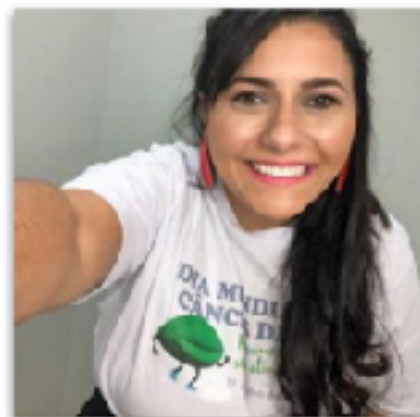
VIRTUAL FLASH MOB



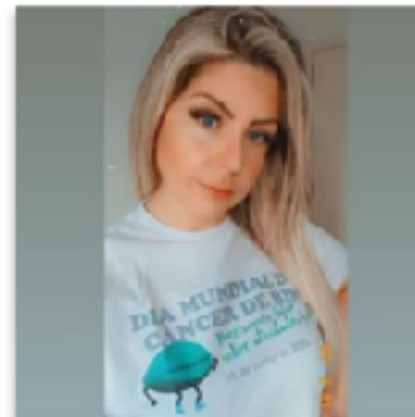
Likes: 85
Comments: 05



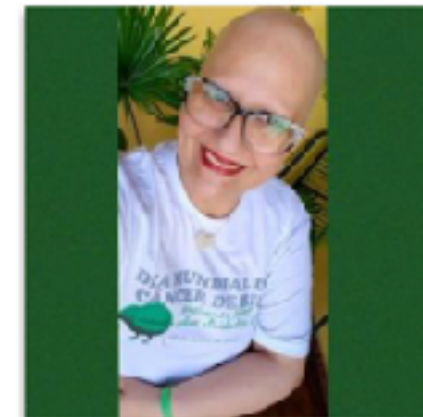
Likes: 65
Comments: 05



Likes: 109
Comments: 13



Likes: 220
Comments: 21



Likes: 137
Comments: 14

CANADA - KIDNEY CANCER CANADA



WORLD KIDNEY CANCER DAY - JUNE 18

The theme for World Kidney Cancer Day 2020 is "We need to talk about physical activity". What better way to do so than with Dr. Linda Trinh, leading expert on the physical and psychological benefits of physical activity for cancer survivors.

Join Dr. Linda Trinh as she reviews the benefits of physical activity and takes you through a few exercises that you can easily do at home, demonstrated by Alexis Whitehorn, BSc (MSc Student).

Details: <https://www.kidneycancerCanada.ca/support-us/world-kidney-cancer-day/world-kidney-cancer-day-activities/>

#kidneycancer #worldkidneycancerday #wkcd2020 #cancerdurein #journeemondialeeducancerdurein



Join Our World Kidney Cancer Day Events

Exercise with Audrey Beauséjour
June 18
10 – 11 AM EDT
Session in French

Exercise with Dr. Linda Trinh
June 18
2 – 3 PM EDT

Cancer du rein CANADA Kidney Cancer CANADA

WORLD KIDNEY CANCER DAY
We need to talk about physical activity

KIDNEYCANCERCANADA.CA

World Kidney Cancer Day Events | Kidney Cancer Canada

The theme for World Kidney Cancer Day 2020 is "We need to talk about physical activit..."



TOMORROW IS WORLD KIDNEY CANCER DAY!

We have a special day lined up for our community with online exercise sessions with Audrey Beauséjour, Kinesiologist (10 am EDT) and Dr. Linda Trinh (2 pm EDT). Join us at 12 pm EDT as we livestream a cooking and nutrition class with Wellness Chef, Jeremy Capone and Dietitian Stephanie Gladman from ELLICSR Kitchen.

Details on: <https://www.kidneycancerCanada.ca/support-us/world-kidney-cancer-day/world-kidney-cancer-day-activities/>

#kidneycancer #cancerdurein #worldkidneycancerday #journeemondialeeducancerdurein #wkcd2020



Join Our World Kidney Cancer Day Events

Exercise with Audrey Beauséjour
June 18
10 – 11 AM EDT
Session in French

Exercise with Dr. Linda Trinh
June 18
2 – 3 PM EDT

Livestream Cooking & Nutrition Class
Thursday, June 18 at 12 - 1 pm EDT

www.YouTube.com/elliskitchen

Cooking at home with ELLICSR KITCHEN

World Kidney Cancer Day

Wellness Chef Dietitian

Cancer du rein CANADA Kidney Cancer CANADA

WORLD KIDNEY CANCER DAY
We need to talk about physical activity

KIDNEYCANCERCANADA.CA

World Kidney Cancer Day Events | Kidney Cancer Canada

The theme for World Kidney Cancer Day 2020 is "We need to talk about physi..."

CANADA - KIDNEY CANCER CANADA

Cancer du rein Canada
11 juin · 🌐

JOURNÉE MONDIALE DU CANCER DU REIN - 18 JUIN
 Joignez-vous à Audrey Beauséjour, kinésiologue de la Fondation québécoise du cancer qui nous parlera des bienfaits de l'activité physique et Hélène Valleur, survivante du cancer du rein, nous fera la démonstration de quelques exercices qui pourront se faire facilement à la maison.

Détails: <https://www.cancerdurein.ca/les-ue-duc/journee-mondiale-du-cancer-du-rein/les-activites-de-la-journee-mondiale-du-cancer-du-rein/>

#cancerdurein #journeemondialeducancerdurein #wkcd2020 #worldkidneycancerday #kicacancer



Participez aux séances d'exercice de la Journée mondiale du cancer du rein

Séance d'exercice avec Audrey Beauséjour
18 juin
10 h - 11 h HAE

Séance d'exercice avec Linda Trinh
18 juin
14 h - 15 h HAE
Séance en anglais

Cancer du rein Canada | Kidney Cancer Canada

Les activités de la Journée mondiale du cancer du rein | Cancer du rein Canada

Cancer du rein Canada
10-12 juin · 🌐

DEMAIN EST LA JOURNÉE MONDIALE DU CANCER DU REIN
 Nous avons prévu une belle journée d'activités pour notre communauté. Il y aura une diffusion en direct de séances d'exercice avec Audrey Beauséjour, kinésiologue (10 h HAE) et Linda Trinh (14 h HAE). Joignez-vous à nous à 12 h pour une séance de cuisine et de nutrition avec Jeremy Capone, chef et Stéphanie Gladman, diététicienne de ELUCSR Kitchen.

Les détails se retrouvent à: <https://www.cancerdurein.ca/les-ue-duc/journee-mondiale-du-cancer-du-rein/les-activites-de-la-journee-mondiale-du-cancer-du-rein/>

#cancerdurein #journeemondialeducancerdurein #kidneycancer #worldkidneycancerday #wkcd2020



Participez aux séances d'exercice de la Journée mondiale du cancer du rein

Séance d'exercice avec Audrey Beauséjour
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18 juin
14 h - 15 h HAE
Séance en anglais

UHN | ELUCSR | Cancer du rein Canada | Kidney Cancer Canada

Livestream: Cooking & Nutrition Class
Thursday, June 18 at 12 - 1 pm EDT

www.youtube.com/watch?v=6kxkxkxkxkx

Cooking at home with ELUCSR - KICACAN

World Kidney Cancer Day

Jeremy Capone | Stéphanie Gladman

Cancer du rein Canada | Kidney Cancer Canada


Les activités de la Journée mondiale du cancer du rein | Cancer du rein Canada

Kidney Cancer Canada
18 juin · 🌐

Go with a friend or family member for a walk or a bike ride, it will get you moving and help raise your heart rate. Whatever you do, be sure to practice social distancing and follow the advice of local health authorities.

More on:
<https://www.kidneycancer.ca/support-us/world-kidney-cancer-day/>

#worldkidneycancerday #wkcd2020 #kidneycancer #journeemondialeducancerdurein #cancerdurein



Help someone with kidney cancer be more physically active

WORLD KIDNEY CANCER DAY
 We need to talk about physical activity
 18 June 2020

KIDNEYCANCERCANADA.CA

World Kidney Cancer Day | Kidney Cancer Canada
 Ten years ago, if you were diagnosed with kidney cancer you'd p...

CANADA - KIDNEY CANCER CANADA



Cancer du rein Canada

le 13 juin à 10 h 33 · 🌐

UNE MARCHÉ DE 30 MINUTES, 3 FOIS PAR SEMAINE, REPRÉSENTE UNE ACTIVITÉ PHYSIQUE MODÉRÉE.

Il n'est pas nécessaire d'aller vite (imaginez que vous êtes en retard pour un rendez-vous) et vous n'êtes pas obligé de faire l'activité en une seule fois. Trois marches de 10 minutes auront le même effet qu'une marche de 30 minutes. L'entraînement pour débutant, le yoga léger et même le simple fait de se promener dans la pièce seront bénéfiques.

Détails : <https://www.cancerdurein.ca/faites-un-don/journee-mondiale-du-cancer-du-rein/>

#cancerdurein #journeemondialeducancerdurein #wkcd2020 #kidneycancer #worldkidneycancerday #wkcd2020

Pouvez-vous faire des exercices d'étirement pendant 30 minutes, 3 fois par semaine ?



**JOURNÉE MONDIALE
DU CANCER DU REIN**

*Nous devons parler
de l'activité physique*

PLUS DE DÉTAILS ICI



Kidney Cancer Canada

le 16 juin à 11 h 11 · 🌐

WORLD KIDNEY CANCER DAY - JUNE 18

If you enjoy swimming, golf, tennis or dancing, commit to doing a bit more of those. The thing you need to avoid is inactivity, so try a few activities and see what works for you. Talk to your health professional about what's best for you at your stage of treatment.

More on: <https://www.kidneycancercanada.ca/support-us/world-kidney-cancer-day/>

#kidneycancer #worldkidneycancerday #wkcd2020 #cancerdurein #journeemondialeducancerdurein



Which physical
activity will you
choose?

**WORLD KIDNEY
CANCER DAY**

*We need to talk
about physical activity*

18 June 2020

KIDNEYCANCERCANADA.CA

World Kidney Cancer Day | Kidney Cancer Canada

Ten years ago, if you were diagnosed with kidney cancer you'd probably be told to rest a...



Cancer du rein Canada

le 18 juin à 10 h 30 · 🌐

Il y a dix ans, quand on vous diagnostiquait un cancer du rein, on vous conseillait probablement de vous reposer et de faire un minimum d'activités physiques. Aujourd'hui, on vous dira sans doute le contraire.

Les études confirment le rôle bénéfique de l'activité physique régulière dans la prévention et le traitement de plusieurs cancers répandus. C'est la raison pour laquelle le thème de la Journée mondiale du cancer du rein, est «Nous devons parler de l'activité physique».

Plus de renseignements:

<https://www.cancerdurein.ca/faites-un-don/journee-mondiale-du-cancer-du-rein/>

#journeemondialeducancerdurein #wkcd2020 #cancerdurein #kidneycancer #worldkidneycancerday

L'activité physique peut réduire la
durée de la convalescence après
une chirurgie



**JOURNÉE MONDIALE
DU CANCER DU REIN**

*Nous devons parler
de l'activité physique*

18 juin 2020

CANCERDUREIN.CA

Journée mondiale du cancer du rein | Cancer du rein
Canada

CANADA - KIDNEY CANCER CANADA

Cancer du rein CANADA Kidney Cancer CANADA

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Kidney Cancer Sucks's Page

Captain: **Trish Luck**

[Join Team](#)

[Donate to Team](#)

ACHIEVED
\$3,623.56

14 TEAM MEMBERS 71 DONATIONS



Support Our Team

We are participating in this event to raise money for Kidney Cancer Canada, an organization that is very important to me (Haman). My dad has been battling kidney cancer for 2.5 years, so all the members of this team have pledged to walk/bike/exercise for 8.5 miles/kms/minutes on June 18 Kidney Cancer Awareness Day!

SCAL UHN Princess Margaret Cancer Centre ELLICSR KITCHEN Cancer du rein CANADA Kidney Cancer CANADA

Livestream Cooking & Nutrition Class
Thursday, June 18 at 12 - 1 pm EDT

www.YouTube.com/ellicsrkitchen



EK ellicskitchen • Abonné(e)

EK ellicskitchen We'll be celebrating World Kidney Cancer Day with @kidreycancer_ca on June 18th @12pm ET 🍌🥑🥗

Join the live stream cooking & nutrition class through the link in our bio.
#cancernutrition
#cancersurvivorship
#worldkidneycancerday

5 juin

Aimé par kidneycancerassociation et 12 autres personnes

5 juin

Ajouter un commentaire... [Publier](#)

FINLAND - ASSOCIATION OF CANCER PATIENTS

 **Suomen Syöpäpotilaat** @Syopapotilaat • 10. kesäkuu

Tänään on maailman munasarjöpäivä! Hetki, että liikunnalla voidaan vaikuttaa myönteisesti mm. hoitotuloksiin, väsymykseen ja lieventää ahdistusta? Tänä vuonna kansainvälisessä kampanjassa kehoitetaan kaikkia liikkuu! worldkidneycancerday.org #wkc2020 @IKCCorg

Being physically active helps prevent and treat kidney cancer



**WORLD KIDNEY
CANCER DAY**
*We need to talk
about physical activity*
18 June 2020

World Kidney Cancer Day
Studies show being physically active can reduce your risk of kidney cancer by up to 22%. If you already have kidney cancer, even moderate ...
[@worldkidneycancerday.org](http://worldkidneycancerday.org)

👁️ 2 ❤️ 13 📎 1

 **Suomen Syöpäpotilaat ry**
Julkaisi: Suomen Syöpäpotilaat ry • 10. kesäkuu

Tänään vietetään maailman munasarjöpäivää. Tänä vuonna kansainvälinen kampanjan leimana on liikunnan merkitys. Liikunnalla on työtä munasarjöpäivän päivän aikana, mutta se ei ole ainoa ja ei ole kaikkein. Liikunnalla voidaan vaikuttaa myönteisesti hoitotuloksiin ja vähentää väsymystä sekä ahdistusta. Liikkeitä kansainvälinen munasarjöpäivän IKCC:n kampanjasta (tietoa liikkeistä)

<https://www.worldkidneycancerday.org/> Napsa 15:52

Being physically active helps prevent and treat kidney cancer



**WORLD KIDNEY
CANCER DAY**
*We need to talk
about physical activity*
18 June 2020

WORLD KIDNEYCANCERDAY.ORG
World Kidney Cancer Day
Studies show being physically active can reduce your risk of kidney cancer...

414 Terveisiä henkilöä 22 Sisällytetty

[Muokkaa julkaisua](#)

👁️ 2 ❤️ 13 📎 1

GERMANY - DAS LEBENSHAUS e.V

Online patient group focussing on the importance of physical activity.

Schritte für Nierenkrebs-Patienten



Schritte für Nierenkrebs-Patienten (steps for kidney cancer patients)

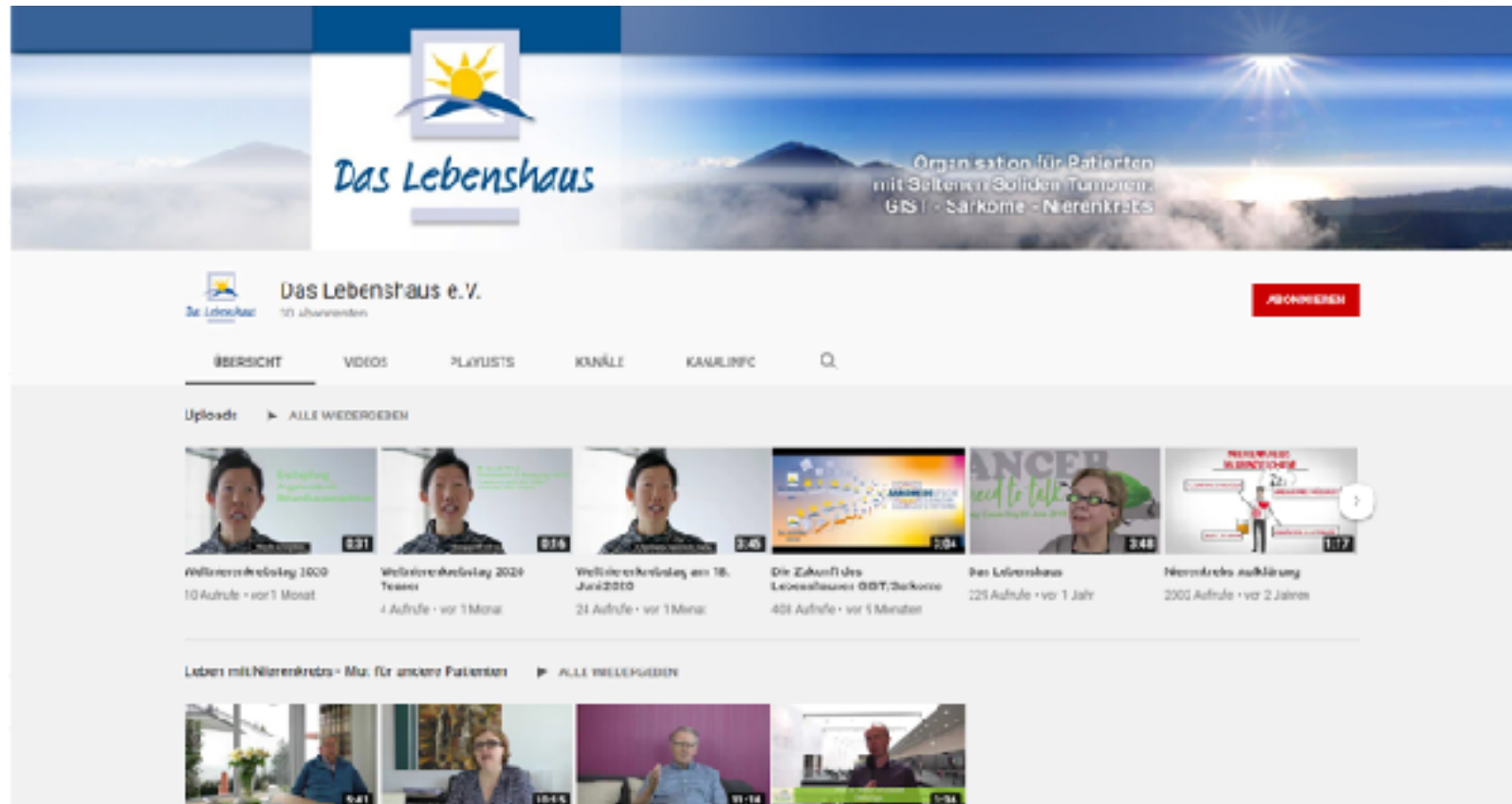
GERMANY - DAS LEBENSHAUS e.V.

Facebook examples:



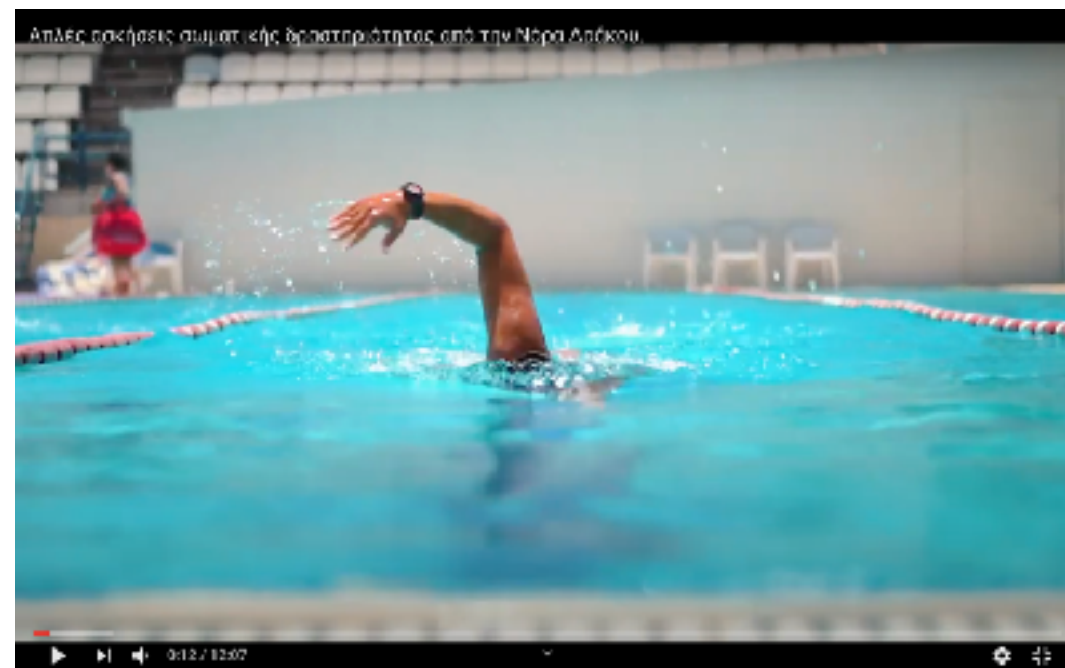
GERMANY - DAS LEBENSHAUS e.V.

Youtube:



GREECE - VHLFA ALLIANCE GREECE

A month-long TV and radio campaign that delivered the Dr Trinh messages, and was supported by a web event hosted by a national swimming champion that showed a number of physical activity exercises that are designed to activate patients. These are moderate water based exercises for everyone that can be adapted according to a patient's strength and doctor's advice.



NETHERLANDS- DUTCH VHL ORGANISATION

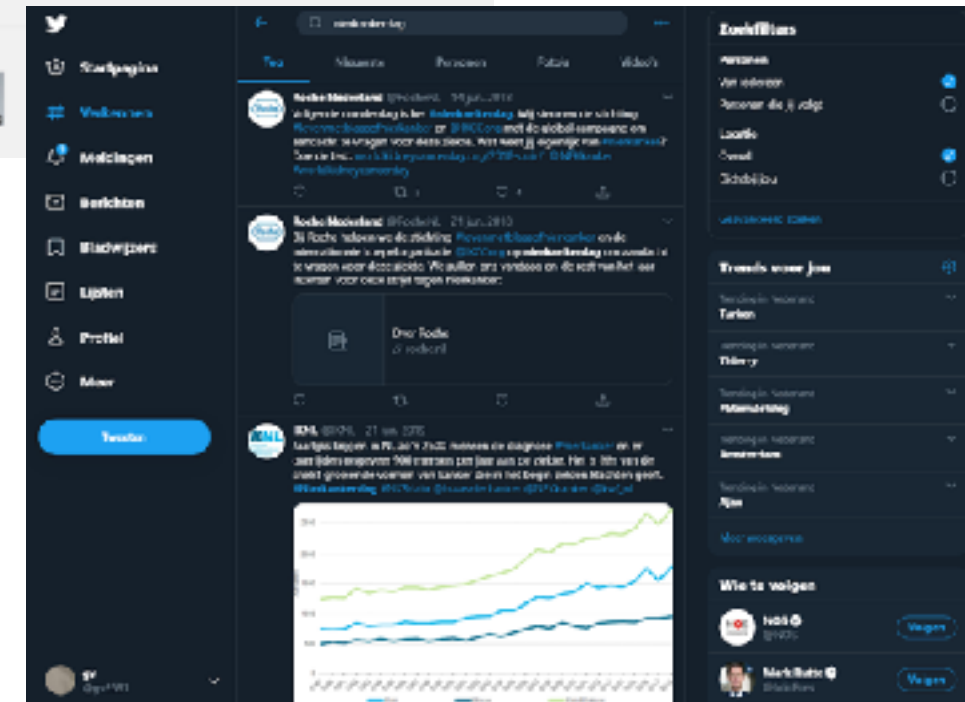
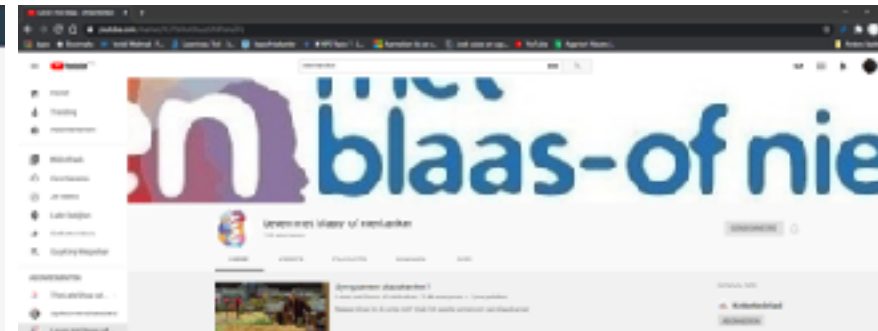
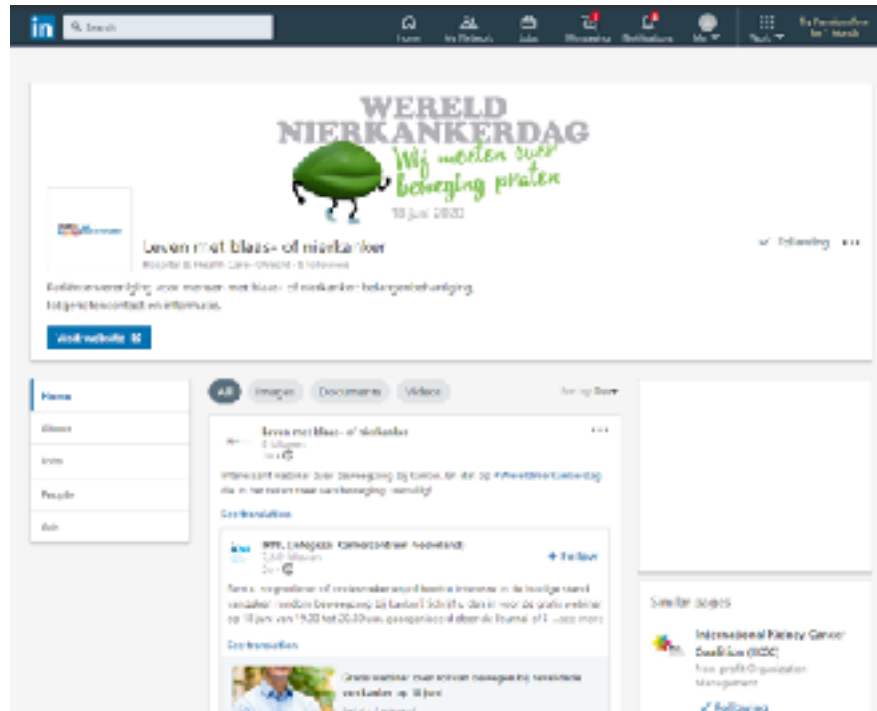
Used a combination of WhatsApp and YouTube to share a video promoting physical activity and raising awareness of World Kidney Cancer Day 2020.



Produced this video: <https://www.youtube.com/watch?v=ok2xtcudD08>

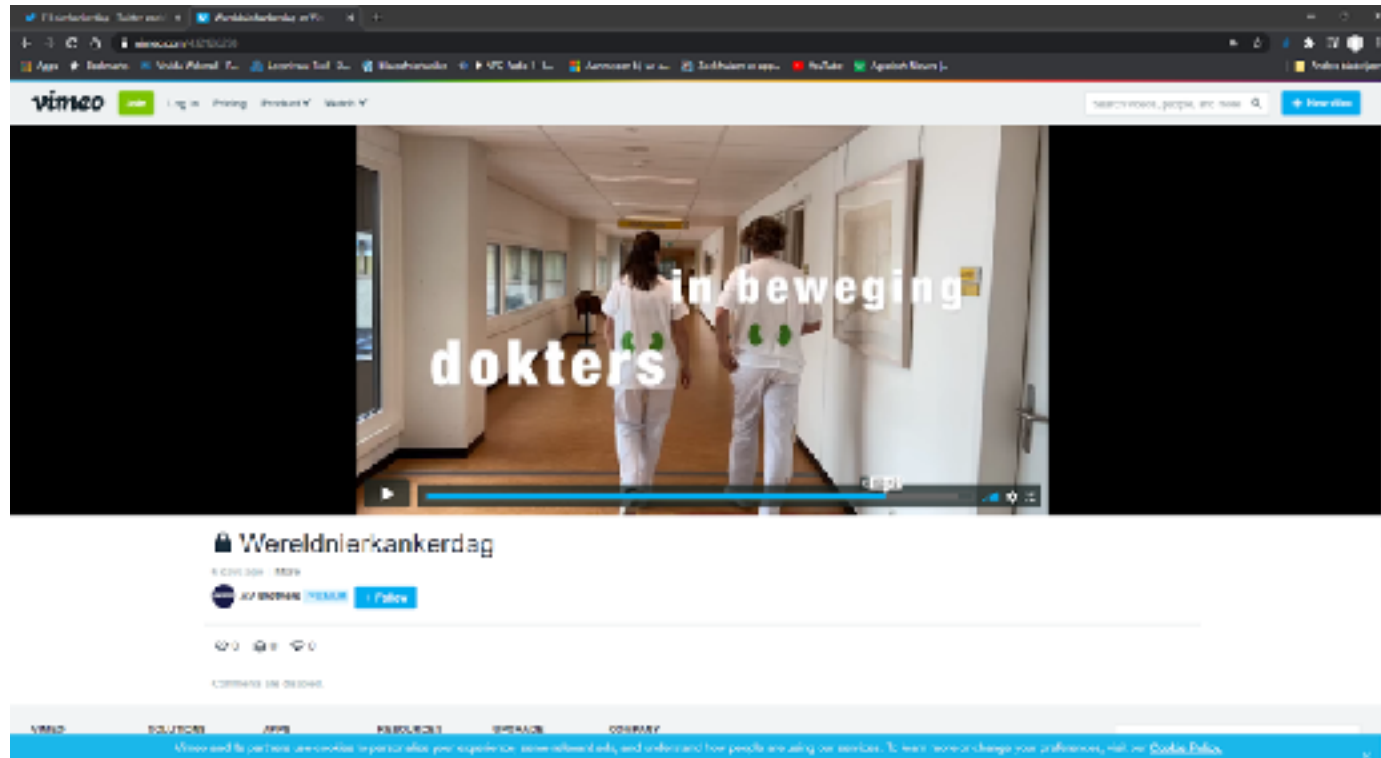


NETHERLANDS- DUTCH VHL ORGANISATION



NETHERLANDS- DUTCH VHL ORGANISATION

The video was featured on Vimeo:



KOREA - KKCA

Used Facebook and Instagram, the KKCA online community, and the President of KKCA's Facebook.



세계
신장암의 날
2020년
6월 18일



KOREA - KKCA

KKCA published a diary containing mental and psychological support along with physical activities and the need for physical activities of kidney cancer patients.

Over 15 Korean healthcare media covered the announcement of World Kidney Cancer Day, the video content of physical activity for cancer patient and the introduction of the emotional healing diary.



KOREA - KKCA

KKCA President's lecture at Ipsen Korea



MEXICO - FEMETRE - FEDERACIÓN MEXICANA DE ENFERMOS Y TRASPLANTADOS RENALES, A.C.



MEXICO - FEMETRE - FEDERACIÓN MEXICANA DE ENFERMOS Y TRASPLANTADOS RENALES, A.C.

La actividad física reduce el riesgo de cáncer de riñón hasta en un 22%.



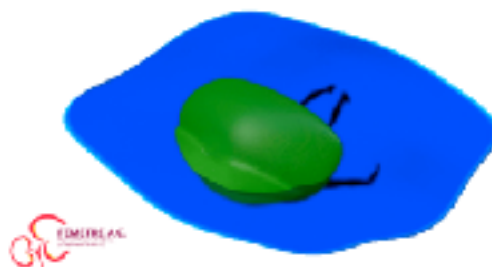
La actividad física puede reducir los tiempos de recuperación de la cirugía.



El 75% de los pacientes de cáncer de riñón no realizan suficiente actividad física.



La actividad física ayuda a reducir la depresión relacionada con el cáncer.



Debes estirar durante 30 minutos.



¿No sabes qué hacer?
Habla con tu médico acerca de un plan de actividad física.



SOUTH AFRICA - CAMPAIGNING FOR CANCER

Campaigning for Cancer
11 June at 12:14 · 🌐

Today is World Kidney Cancer Day!
DID YOU KNOW? 3 out of 4 kidney cancer patients aren't doing enough physical activity. Learn More here: <https://www.ikcc.org/kyMm1u4>
4 kidney cancer <https://www.ikcc.org/kyMm1u4>

3/4 kidney cancer patients don't do enough physical activity



**WORLD KIDNEY
CANCER DAY**
*We need to talk
about physical activity*
18 June 2020

1,35d
People reached

41
Engagements

[Repost Post](#)

👍👍 You and 17 others

10 shares

Campaigning for Cancer
8 June at 11:14 · 🌐


World Kidney Cancer Day is on the 18th of June 2020. Join us as we raise awareness.

DidYouKnow: Studies show being physically active can reduce your risk of kidney cancer by up to 22%. If you already have kidney cancer, even moderate physical activity can improve treatment outcomes by up to 15%, as well as reduce cancer-related fatigue, anxiety, depression and improve the overall quality of life.

Find out more here: <https://www.ikcc.org/kyMm1u4>

**WORLD KIDNEY
CANCER DAY**
18 June 2020

[Click to download](#)



650
People reached

27
Engagements

[Repost Post](#)


👍👍 You and 13 others

1 comment 5 shares

Campaigning for Cancer
17 June at 08:22 · 🌐

Don't forget tomorrow is World Kidney Cancer Day!

This year's theme is 'We need to talk about physical activity'. Physical activity has become paramount to patients' overall well-being and health. Check out this incredible clip <https://www.ikcc.org/kyMm1u4> by Dr Linda Smith, who discusses the numerous benefits physical activity has for those who have been diagnosed with Kidney cancer.




417
People reached

13
Engagements

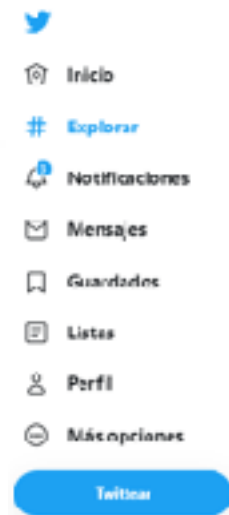
[Repost Post](#)

Federación Nacional de Asociaciones
para la Lucha Contra las Enfermedades del Riñón


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[illegible]

SPAIN - FEDERACIÓN NACIONAL DE ASOCIACIONES



SPAIN



Some screenshots from the KCSN dedicated WKCD 2020 website:



The following patient stories highlight the potential health benefits, both psychological and physical, from taking part in any kind of physical activity, such as a walk in the countryside, gardening or yoga and even Morris dancing!



I've been really slack on exercise until the new lockdown! But Beth has been forcing me to walk to try and lose some weight and try and get a bit healthier. It's been a real challenge, if I'm honest, as I started off not being able to walk very far at all. Now (with a few tantrums thrown in) I'm just about managing 55 km. I have to stop now and again and have to find ways with few hills, but they have certainly been entertaining. We've enjoyed a few laughs, taken some great photos and had a 40 minute dilemma trying to escape from him with some commando antics! I'm so glad I have Beth pushing me, since if I hadn't been walking in this good weather I would quite easily be mistaken for an ampa luma! After each walk I feel so much better and see some amazing places and not just a square T/I!



Our daily walk has become very important to us during lockdown, both physically and mentally. We also have a 3 1/2 month old baby, born just before lockdown and have been enjoying waking her in the tuggy and making memories during these difficult times. Here is a photo of us walking our little girl, Ada, during lockdown in our local woods. Andy also loves gardening at the weekends, enjoying the lowimpact exercise, fresh air and the reward of seeing the results of his efforts at the end of the day and over the summer. Yoga is great exercise but is also very important for mental resilience and well-being. The great thing about yoga is that it can be as challenging as you like it to be, and it realises suitable for everyone.



There being words. Everything in the forest makes me physically strong and also mentally strong. My daily walk always makes me feel happier and more positive. Longer hikes in the county give me fitness challenges and give me a great sense of achievement and self-worth. Daily walking and weekly hikes makes me both keep a small part of my economy following **recreation** 4 years ago. Last year my husband and I walked "10m along the Camino de Santiago in northern Spain, raising money for the MSN as we went. The more exercise I do, the more positive and confident I feel. Sometimes it's good to try something completely new. Last year I had a go at swimming on the River Nile. It was so peaceful on the river and the wildlife was stunning. It was good for me and a really memorable day.



Heather Love: I wish I could be able to largely control normal activities most of the time I have been on [myself](#). [Gerald R. Ford](#) I'm not feeling as good as I was last Sunday afternoon early today, I usually I go for a walk most days with my wife along the harbor. Sometimes I am as lucky as the weather. I go to my usual place, I usually go to my favorite outdoor activity is sailing. I am a sailing guy with my own sail in the great weather that I am and also, one of my challenges. I also can go to a sail to a children's hospital and see how whenever I show in a small single-hand rig, this is a great way to go away from it. I sail today to the children. There have been a lot of sailing of the agricultural rig, sailing beds, to help and pointing into and about that would be. This is an amazing way of exercising (soft exercise and muscle strength) with sailing to have of the end of. Sailing in the morning to have with surplus soil recently. I feel much stronger now on looking on this week!



My main concern is if anybody can drive that long distance back home 10 years ago it was long! It's a lot of time but if it really can help money, body and spirit. Positive emotion is very important and that can also help you to be happy and in charge of your life. Since 2014 I have signed up for the 1000 Miles Challenge and aim to drive 1000 miles of country every year. I think my challenge will be the best it has ever been. Five years ago my business started the way that I am in Florida. Florida and Ohio are also part of Barbara's Millions the Quadruple Way. I should mention that before discovering Barbara's idea was the best something was also discovered.



From my **Stagnant Stage 1 Kidney Cancer** Q&A, I find explaining in a way to get better and lead a healthier lifestyle. Since then I've taken part in several organized sabb and I'm now training for my first triathlon. While having, wants to focus on and sometimes. It helps with that motivation. I'm also in an **emotional** therapist. My general health, and my mental health. I'm currently 7 years **young** now and feeling great! Since the completion of the treatment, I'm feeling in a "look at" triathlon, and, rising it all over from my old outdoor triathlon!

Get Active Site Less

In this video, Dr. Gabe Dromaggi, consultative oncological surgeon, and patients Lynne Ewert and Diane Poirier talk about the physical and psychological benefits of physical activity in breast cancer survivors.



UK - KIDNEY CANCER SUPPORT NETWORK

An example of a KCSN Facebook post:

 **Kidney Cancer Support Network - KCSN**
Published by Karen McNee [?] · June 19 at 12:37 PM · 🌐

We would like to say a massive thank you to everyone who participated in our #WKCD2020 campaign, it has been our best ever and would not have been possible without your support and sharing your inspirational experiences of the difference physical activity has made to your lives....

We hope that the campaign has made us all think and start to action introducing movement into our lives and see us reap the many benefits in months to come.

Once again THANK YOU we really are #stro... See More



An example of a KCSN Facebook post:

 **Kidney Cancer Support Network - KCSN**
Published by Karen McNee [?] · June 18 at 6:00 PM · 🌐

We are overwhelmed by the response we have had from patients wanting to share their experiences with us.

Jack as you will read was diagnosed 2 years ago with kidney cancer and at this time decided to take up running among other sports such as cycling and swimming.

"Since my diagnosis of stage 3 kidney cancer in 2018, I took up running as a way to get fitter and lead a healthier lifestyle. Since then I've taken part in several organised runs and I'm now training for my first ... See More



Zoom quiz poster for WKCD 2020:

Social Quiz

? ? ?
? ? ?

**Starts
@ 8pm**

18 June 2020

**WORLD KIDNEY
CANCER DAY**
*We need to talk
about physical activity*
18 June 2020




USA - KIDNEY CANCER ASSOCIATION



USA - BOSTON VHL ALLIANCE



World Kidney Cancer Day

VHL Alliance

511 Views · about 2 weeks ago

Today is World Kidney Cancer Day! This is especially important to VHL patients as the risk of Kidney cancer for families with VHL is 40%. There are currently 7 drugs on the market for the treatment of Kidney cancer as a direct result of VHL research. #CuringCancerthroughVHL #VHLAwareness

VHL Alliance shared a post.
Today is World Kidney Cancer Day! This is especially important to VHL patients as the risk of Kidney cancer for families with VHL is 40%. There are currently 7 drugs on the market for the treatment of Kidney cancer as a direct result of VHL research. #CuringCancerthroughVHL #VHLAwareness




Dr. Linda Trinh
Asst. Prof. Exercise and
Cancer Survivorship
University of Toronto

Henry Kow · Like · Follow and others · 1 comment

Amel Pasad · 2w · Like · Reply · 2w

Which physical activity will you choose?



**WORLD KIDNEY
CANCER DAY**
*We need to talk
about physical activity*
18 June 2020

CLICK FOR MORE

VHL Alliance

VHL Alliance Today is World Kidney Cancer Day! This is especially important to VHL patients as the risk of Kidney cancer for families with VHL is 40%. There are currently 7 drugs on the market for the treatment of Kidney cancer as a direct result of VHL research. #CuringCancerthroughVHL #VHLAwareness

momnabear2000 Walking and yoga · 2w · 1 like · Reply

rtikind Walking very fast up a mountain trail · 2w

Liked by incredible and 29 others

ADD A COMMENT...

USA - KIDNEY CAN

A Facebook Live Event on World Kidney Cancer Day

Let's Get Physical!

Staying Active & Healthy When You Have Kidney Cancer



Dr. Bradley Hollinger, Medical Oncologist
Francine Mayhew, Registered Dietitian
Ralph Knapp, Kidney Cancer Patient

KidneyCAN

JUN 18 Let's Get Physical!
Public · Hosted by **KidneyCan - Kid**
and **Total Health Conferencing**

WKCD - Bryan & Ralph Share the KidneyCAN Story
from **KidneyCAN**



05:54

vimeo

A Virtual Town Hall: Kidney Cancer Care in the Time of COVID19 | Recorded Live

Total Health Conferencing



Julius DRI
Julius DRI
Gretchen Vaughan, MD, PhD
Andrew Knapp, MD
Bryan Lewis
Margaret Dupont, MD
Total Health Conferencing
Bryan Lewis
Margaret Dupont, MD

USA - KIDNEY CAN

KidneyCan - Kidney Cancer Coalition
Published by Hootsuite [7] · June 18 · 🌐

The view from outside is ALWAYS better than the view from your couch!
Gary shares:

"I ride my bike and/or walk every day, along with lifting weights. We took a two-week RV trip in early spring to Big Bend and hiked several miles every day. I am certain I have benefited during treatment by being active."
#WorldKidneyCancerDay



 **KidneyCAN**
be active!

210 People Reached 28 Engagements [Boost Post](#)

KidneyCan - Kidney Cancer Coalition
Published by Hootsuite [7] · June 18 · 🌐

Next up is our friend Gary P., who explains why he stays motivated to move:
"Activity is a great topic for #WorldKidneyCancerDay. I was active before cancer.

I admit sometimes when under treatment it's been an effort. In 2010 I'd been through 4 therapies and when I consulted with Dr Olencki he told me he'd consider me for Interleukin 2 if I could recondition enough to swim a mile. I started pushing myself, and 6 months later I met the goal and started Interleukin 2. ... [See More](#)



 **KidneyCAN**
be active!

609 People Reached 115 Engagements [Boost Post](#)

👍❤️ 20 5 Comments 6 Shares



WORLD KIDNEY CANCER DAY



*We need to talk
about physical activity*

18 June 2020

THANK YOU

WORLD KIDNEY CANCER DAY 2020 “WE NEED TO TALK ABOUT PHYSICAL ACTIVITY”.

Thank you to everyone who took part in 2020.

With your commitment to awareness raising, supporting patient advocacy and research, we will continue our combined efforts to reduce the global burden of kidney cancer!

The IKCC and our affiliates around the world wish to thank our sponsors and partners for giving kidney cancer a global voice.

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