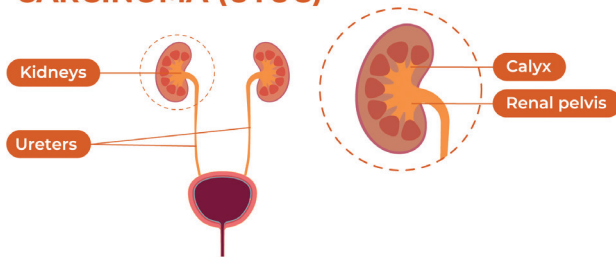


► What is **UTUC**?

Most bladder cancers (about 90-95%) start in the urothelial cells that line the bladder and the rest of the urinary tract. When they grow out of control, it is known as urothelial carcinoma. If the cancer develops in the lining of the kidney (the renal pelvis or calyx) or the ureters, the tubes that connect the kidneys to the bladder, it is called upper tract urothelial carcinoma (UTUC).

UPPER TRACT UROTHELIAL CARCINOMA (UTUC)



► What are the signs and symptoms of **UTUC**?

Some people have no signs or symptoms of UTUC and their doctor finds a tumor when looking for other health problems during X-ray tests or scans. Signs of UTUC may include:

- Blood in the urine (hematuria) is one of the most noticeable symptoms of UTUC.
- Urinary changes such as increased frequency, urgency (a strong need to urinate), pain or burning during urination, or difficulty urinating.
- Flank (side) or back pain can be a sign that the cancer has grown and is affecting the kidneys or surrounding tissue.

SIGNS AND SYMPTOMS



ASK YOUR HEALTHCARE TEAM

- *What can I expect, based on my stage and grade of UTUC?*
- *What is the success rate for the treatment you are suggesting?*
- *How will you know if the treatment is successful?*
- *Will I need surgery, and if so, what type of surgery?*
- *What can I do to manage any side effects and maintain my quality of life during treatment?*
- *Can I continue my regular activities and work during treatment for UTUC?*

Always consider
a 2nd opinion



TERMS TO KNOW

- **Calyx:** A calyx is a structure in the human kidney that collects urine before it flows into the renal pelvis for elimination from the body.
- **Cystoscopy:** Examine the bladder and urethra using a thin, lighted instrument (called a cystoscope).
- **Endoscopy:** A thin tube with a camera and surgical instruments that are inserted into the urethra and into the urinary tract.
- **Kidney:** A pair of organs in that are part of your urinary system that filter your blood.
- **Renal pelvis:** Part of the kidney that collects urine from the calyx and funnels it into the ureter for elimination from the body.
- **Ureter:** A tube-like structure that carries urine from the kidney to the bladder.
- **Utereroscopy:** A procedure using a thin tube to look inside the ureters and kidneys.

► How is *UTUC* treated?

Your doctor may conduct tests that could include endoscopic procedures such as cystoscopy and uteroscopy, and an imaging test such as a CT scan. Treatment options for UTUC depend on the stage and grade (low or high) of the cancer and individual factors.

Treatment options for low-grade UTUC may include:

- Intracavitary (placed directly where the tumor is located, in the renal pelvis and/or calyces or the ureters) chemotherapy medication to kill cancer cells, which can be used before or after surgery.
- Sometimes, smaller UTUC tumors can be removed using endoscopy. This is a less invasive form of surgery.

High-grade UTUC is typically treated surgically by removal of the affected kidney and ureter. Treatment options for high-grade UTUC may include:

- Systemic (throughout your body) chemotherapy medications to kill cancer cells. This can be used before or after surgery to shrink the tumor, prevent it from spreading, or treat cancer that has spread to other parts of the body.
- Surgery can remove the area where a tumor is in the kidney (a partial nephrectomy) or the entire kidney and ureter (a radical nephroureterectomy or RNU).
- Radiation therapy using high energy rays can be used if surgery is not an option or to treat cancer that has spread.
- Immunotherapy and targeted therapies can boost the body's immune system to help it fight cancer cells.

If you are diagnosed with UTUC, speak with your doctor about your best treatment options. A genetic analysis of the tumor may be used to assess if the specific genetic mutations that a therapy can effectively target are present.

NEXT STEPS:

- Learn more about UTUC and how it is treated, visit bcan.org/what-is-upper-tract-urothelial-carcinoma-utuc

It can be helpful to talk to someone who has experience with UTUC. Call the BCAN Survivor 2 Survivor program to connect with a volunteer who has experience with this diagnosis.

The Bladder Cancer Advocacy Network (BCAN)

BCAN's mission is to increase public awareness about bladder cancer, advance bladder cancer research, and provide educational and support services for the bladder cancer community.



www.bcan.org

