

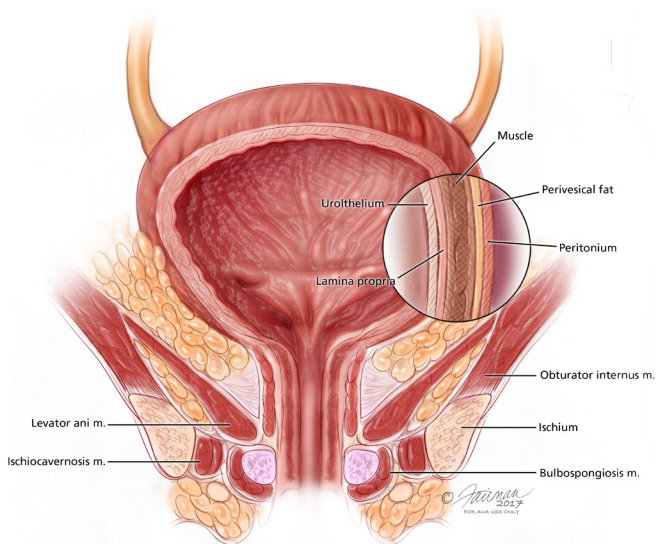
# Preventing Bladder Cancer

*Urology Care*  
FOUNDATION™  
The Official Foundation of the  
American Urological Association

Bladder cancer is the fifth most common cancer in the United States. This year, more than 79,000 Americans will be diagnosed with bladder cancer. Men are more likely to be diagnosed than women. Bladder cancer is also more common among older people, men and Caucasians. However, there are more African Americans who do not survive the disease. Over time, doctors have made progress with better treatments and higher survival rates.

## WHAT IS BLADDER CANCER?

Cancer is when your body cells grow out of control. When this happens the body cannot work the way it should. Most cancers form a lump called a tumor or a growth. Some cancers grow and spread fast. Others grow more slowly. Not all lumps are cancers. Cancerous lumps are sometimes called malignant tumors.



The bladder wall has many layers, made up of different types of cells. When cells of the bladder grow abnormally, they can become bladder cancer. A person with bladder cancer will have one or more tumors in his/her bladder. Most bladder cancers start in the inside lining of the bladder.

There are two basic types of bladder cancer: non-muscle invasive bladder cancer (NMIBC) and muscle-invasive bladder cancer (MIBC).

## WHAT IS NON-MUSCLE INVASIVE BLADDER CANCER (NMIBC)?

NMIBC is cancer that grows only in the thin tissue on the inside surface of the bladder. Fortunately, the bladder muscle is not involved and the tumor does not spread outside the bladder.

More than 90% of all bladder cancers begin in the inner lining of the bladder. Most tumors in the bladder stay in this area or in the next layer and don't move into the bladder muscle.

## WHAT IS MUSCLE INVASIVE BLADDER CANCER (MIBC)?

MIBC is cancer that spreads into the thick muscle deep in the bladder wall. Over time, the tumor may grow outside the bladder into tissues close by. If it goes untreated, it may spread to lymph nodes, the lungs, the liver and other parts of the body. This serious and more advanced stage of bladder cancer should be treated without delay.

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## HOW CAN YOU PREVENT BLADDER CANCER?

We don't know all of the causes of bladder cancer, but there are certain things (known as risk factors) that can increase your chance of getting the disease. Know the risk factors for bladder cancer. Then do what you can to prevent yourself from getting bladder cancer.

- Smoking or inhaling tobacco smoke—people who smoke are two to three times more likely to get bladder cancer than people who do not smoke. If you smoke, stop now. Stay away from places where people smoke so you can avoid second hand smoke.
- Limit your exposure to workplace chemicals. If you work at a place that makes plastics, paints, leather and rubber you may be at risk for bladder cancer.
- Cancer drugs—the cancer drug cyclophosphamide, may increase your risk for getting bladder cancer.
- Radiation to the pelvis for certain cancer can increase your risk for bladder cancer.
- If you have a family history of bladder cancer your risk can increase.
- Eat a well-balanced diet, exercise regularly and drink lots of water to stay as healthy as possible.

## WHEN SHOULD I CALL MY DOCTOR?

Some people may have symptoms that suggest they have bladder cancer. Others may feel nothing at all. Some symptoms should never be ignored. You may need to talk to your healthcare provider about your symptoms. Talk to your doctor if you have:

- Hematuria (blood in the urine). Blood in the urine is the most common symptom of bladder cancer. It is generally painless. Often, you cannot see blood in your urine without a microscope. If you can see blood with your naked eye, then you should tell your healthcare provider immediately. Even if the blood goes away, you should still talk to your doctor about it.
- Frequent and urgent urination and pain when you pass urine (dysuria). This is a less common symptom of bladder cancer. But, talk to your provider if you have this symptom.

- Pain when you pass urine
- Pain in your lower abdomen
- Back pain

## ABOUT THE UROLOGY CARE FOUNDATION

The Urology Care Foundation is the world's leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts.

To learn more, visit the Urology Care Foundation's website, **UrologyHealth.org/UrologicConditions** or go to **UrologyHealth.org/FindAUrologist** to find a doctor near you.

## DISCLAIMER:

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologists or healthcare provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications.

For copies of printed materials about Bladder Cancer and other urologic conditions, visit **UrologyHealth.org/Order** or call 800-828-7866.

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