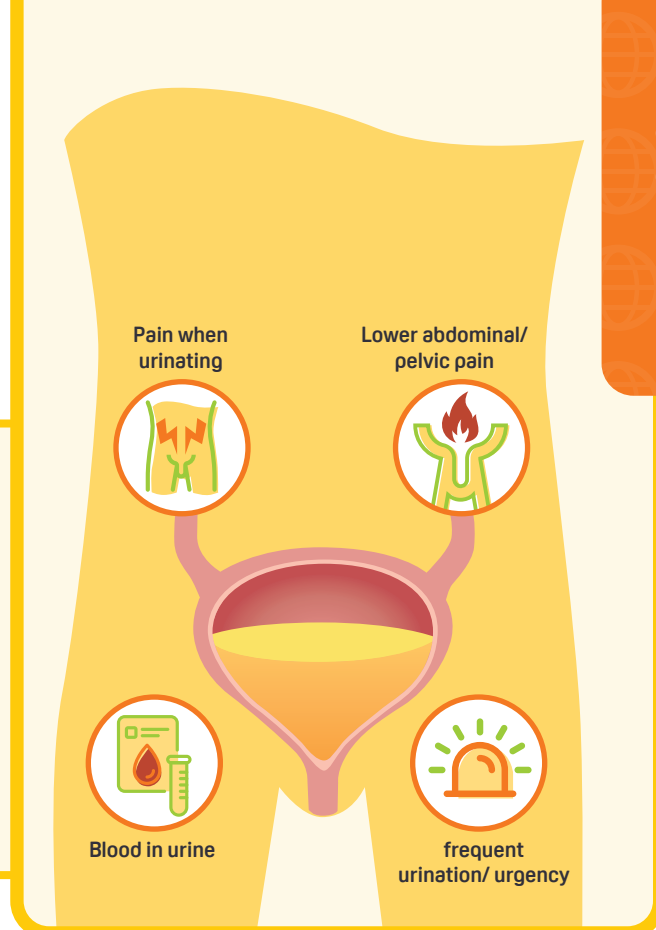


Recognising the symptoms of bladder cancer

Bladder cancer starts when cells in the bladder begin to grow uncontrollably. As more cancer cells develop, they can form a tumor and spread to other areas of the body. Understanding the symptoms of bladder cancer can help in early detection and treatment.



Common symptoms of bladder cancer

If you or someone you know is experiencing any of the following symptoms, it might be time to consult a healthcare provider. While these symptoms can also be related to other, less serious conditions, they should not be ignored.

Visible blood in your urine (or haematuria), is often the first and most common sign of bladder cancer. Your urine may look light pink, bright red, or rusty. Around 8 in 10 patients

diagnosed with bladder cancer experience this symptom. Sometimes, the blood is not visible and can only be found through a urine test by your doctor – this is more common in early or more advanced stages.

Blood in your urine can also be a sign of less serious conditions like urinary tract infections or kidney stones, so further tests are needed to find the exact cause if you notice blood in your urine.

Other common symptoms include:

- **Urgency to urinate:** Feeling the need to urinate (pee) more urgently
- **Pain during urination:** Experiencing pain or burning sensations during urination
- **Frequent urination:** Needing to urinate more often than usual, even throughout the night

Common symptoms



Less common symptoms

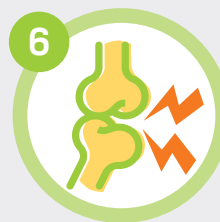
While the following symptoms are less common, and should be considered in connection with the more common symptoms, they are still important to address and can be signs of bladder cancer or other health conditions:

- **Repeated pain in the lower back, abdomen, or bones:** Ongoing discomfort or pain in these areas, particularly on one side, could be a symptom of more advanced bladder cancer.

Less common symptoms



Repeated
lower back
pain



Repeated
pain in the
bones



Repeated
pain in the
abdomen

When to see a doctor

It's essential to consult a healthcare professional if you experience these symptoms and if you have more than one of these symptoms. Especially if you see blood or signs of blood in your urine. Early detection is essential for more treatment options and the best possible outcome of treatment of bladder cancer.

Doctor's corner

Bladder cancer symptoms are often subtle, but early diagnosis makes a big difference. If you notice blood in your urine – even once – or any persistent changes in urinary habits, do not ignore them. Getting checked promptly by a healthcare professional is essential, as bladder cancer is often treatable and manageable when caught early.

Dr. Ashish Kamat, Professor of Urologic Oncology,
MD Anderson Cancer Center, Chair, WBCPC Scientific Advisory Board



Worldwide

Bladder cancer is the

9th most common cancer

It is the **13th** leading cancer-related cause of death

The latest figures show

614,298 NEW CASES

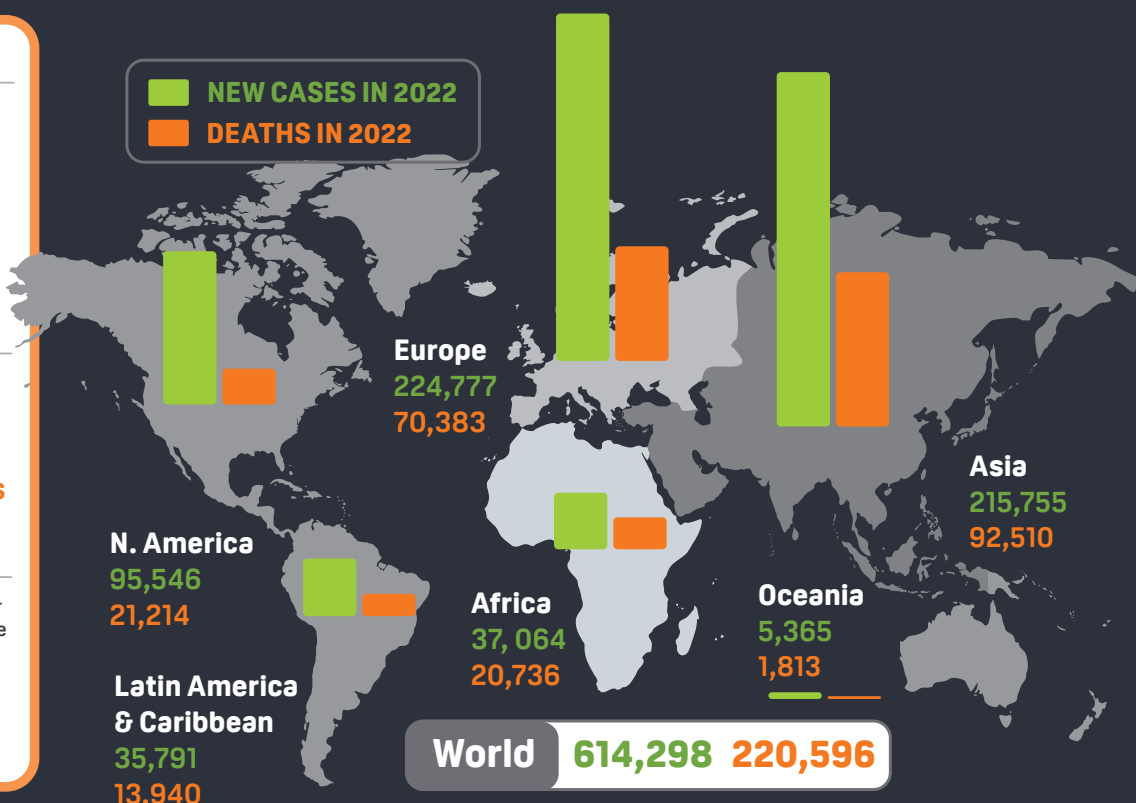
diagnosed and **220,596** DEATHS in 2022 alone

Bladder cancer ranks higher among men, for whom it is the

6th most common cancer and the

9th leading cause of cancer death.

NEW CASES IN 2022
DEATHS IN 2022



Bladder cancer patient experiences with diagnosis

Sarah



Around the age of 45 and despite an active and healthy lifestyle, I had noticed that I frequently needed to use the toilet and that from time to time, the colour was not quite right. I was not prone to urinary infections.

Following on from a work medical visit, my doctor advised me to consult so one thing rapidly led to another - blood tests, urinary samples, an ultrasound and a urological CT (computed tomography) scan, two resections and the diagnosis fell. My urologist said it was a lot less usual for a healthy, non-smoking "young" woman to be diagnosed with bladder cancer, as it is more prevalent in men, but it does unfortunately happen so women do need to be aware and act quickly.

Pete



My journey with bladder cancer began unexpectedly in 1999 with a diagnosis of CIS – carcinoma in situ. I hadn't heard of it before and didn't realise the symptoms I was experiencing could be serious. Over the years, I have had multiple recurrences and have spoken with many others living with this disease. One thing we all share is how easily the early symptoms can be overlooked. or mistaken for something less serious. From how often you need the toilet to pain or discomfort, these symptoms affect your daily life and should not be ignored. Bladder cancer can return again and again. That's why recognising the signs early and getting checked is so important. Looking back, I wish I had known more. No one should face bladder cancer without knowing what to watch for. No one should face bladder cancer alone, or feel forgotten.

Fatima



I first began experiencing severe lower back pain in 2015. During my second pregnancy the following year, I noticed I was urinating much more frequently. A few months after giving birth, I also saw blood in my urine. Despite these signs, my symptoms were not immediately or correctly diagnosed. It was not until 2017, when I missed a menstrual cycle and went for an ultrasound, that a mass in my bladder was finally detected. I was just 34 years old. It took nearly two months from that moment to confirm the diagnosis and start the right treatment path. I want others, especially young women, to know that bladder cancer does not only affect older men. Listen to your body, and don't give up if something doesn't feel right.

Laurent



I noticed a slight pinkish tint at the end of urination, not every time, and nothing that seemed very alarming at first. But it didn't feel normal, so I decided to see a doctor. Initial tests didn't show anything, but a few weeks later, a cystoscopy revealed a tumour in my bladder. I was 38 at the time, with no obvious risk factors. My advice to others that may have concerns about symptoms they are experiencing: don't be afraid to see a urologist! Early detection can truly save lives. Today, I'm convinced that it was this vigilance and quick reaction that allowed me to still be here to talk about it!