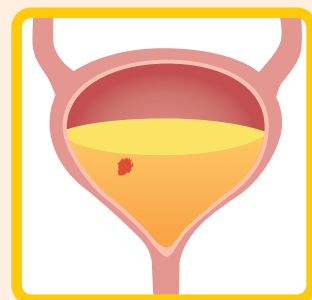


# Understanding the risk factors of bladder cancer

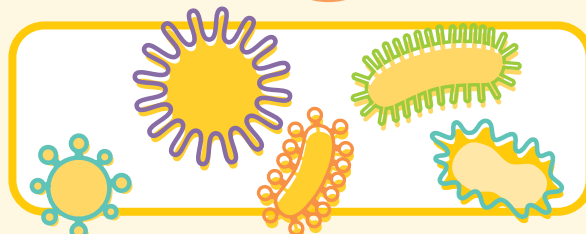
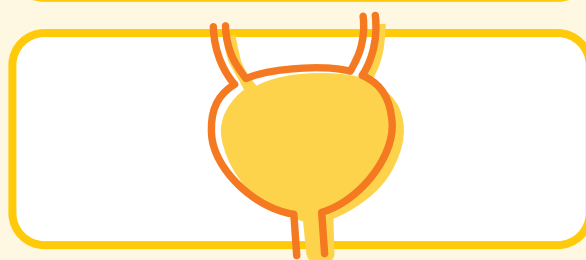
Bladder cancer starts in the cells of the bladder – the organ that stores urine. It mostly affects older adults but can appear at any age. The most typical signs include blood in the urine, urgent and frequent urination, and pelvic pain. Both visible blood in the urine and microscopic traces (microhematuria) should always be investigated. Recognising risk factors like smoking, exposure to industrial chemicals, and chronic bladder inflammation is key to early detection and effective treatment.

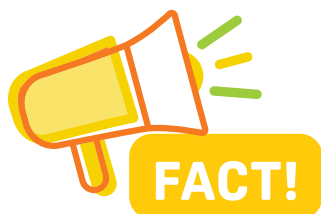


## Primary risk factors

Understanding the primary risk factors for bladder cancer can help in prevention and early detection:

- Smoking and other tobacco use**  
 Smoking is the leading cause of bladder cancer. Smokers and users of other tobacco products are at least three times more likely to develop the disease compared to non-smokers.
- Past radiation exposure**  
 Radiation exposure, especially during previous cancer treatments, can increase the risk of developing bladder cancer later in life.
- Chronic bladder inflammation**  
 Repeated urinary infections or long-term bladder irritation can increase the risk.
- Exposure to chemicals, especially at work**  
 Contact with certain industrial chemicals used in dyes, rubber, leather, textiles, and paints significantly raises bladder cancer risk.
- Parasitic infections**  
 In some parts of the world, parasitic infections like schistosomiasis are known to cause bladder cancer.





Men are more likely to develop bladder cancer than women, but women are often diagnosed at a more advanced stage, potentially affecting their prognosis.



Better

Worse

Likelihood of developing cancer

Diagnosis time, potentially affecting prognosis



Likelihood of developing cancer

Diagnosis time, potentially affecting prognosis

## How to reduce your risk?

### Proactive steps for better health outcomes



**Avoid smoking:** If you smoke, quitting is the single most effective way to reduce your risk of bladder cancer. Avoiding exposure to second-hand smoke also helps lower your risk.



**Dietary changes:** Incorporate more fruits and vegetables into your diet and reduce processed meats, which have been linked to higher cancer risks.



**Hydration:** Increasing water intake can dilute urinary carcinogens, potentially reducing risk.



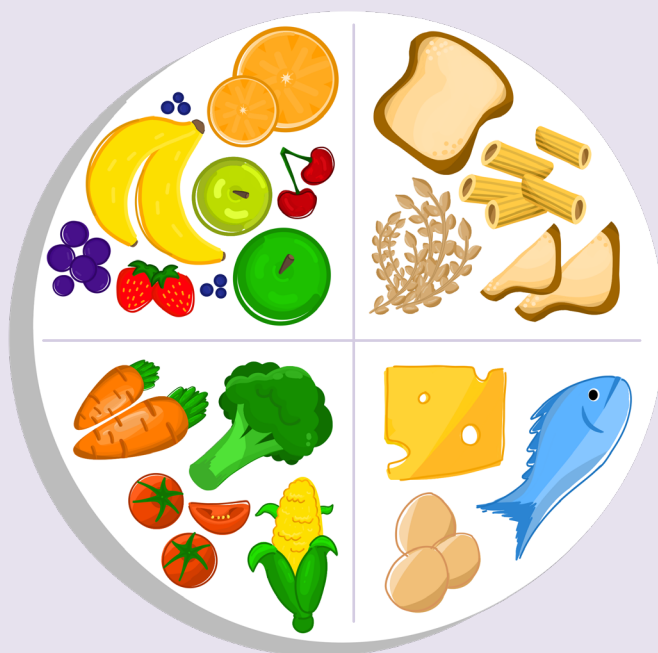
**Safety in the workplace:** Advocate for regular health and safety audits at your workplace. Ensure that all safety regulations are up-to-date and strictly followed.



**Medical checkups:** Regular checkups especially when experiencing symptoms and other health concerns can help catch bladder cancer early, which is crucial for successful treatment.

## Did you know?

Some studies suggest that a diet high in fruits and vegetables may lower the risk of bladder cancer, while a diet high in red meat and fried meats can increase it.



Understanding and addressing bladder cancer risk factors are essential steps towards preventing this disease or helping improve prognosis. By recognising them, you can take active measures to protect your health.

**Stay informed, stay vigilant, and take control of your health today to reduce your risk and ensure early intervention for better outcomes.**