



*For both of us it was spotting blood in our pee that prompted us to see the doctor straightaway. By doing so we could receive the treatment and care needed quickly. Now we're able to live life to the full and enjoy the things we love like sailing and spending time with family.*

*We didn't know it then but blood in pee could be the sign of a number of urological cancers so it is vital to get checked at once. »*

ALAN AND GERALDINE, PROSTATE AND BLADDER  
CANCER SURVIVORS

## WHAT YOU SHOULD LOOK FOR

- Spotting blood in urine
- Needing to pee more frequently
- Recurring urinary infections
- Feeling the need to urinate but unable to

If you spot blood in your urine, even if it disappears, you must visit your doctor so it can be investigated. In most cases it will not be cancer, it could be an infection, but should always be checked out.

## Further information

For more information on urology, its conditions and about the signs and symptoms you should be aware of visit [theurologyfoundation.org/urologyhealth](http://theurologyfoundation.org/urologyhealth)

THE  
**UROLOGY  
FOUNDATION**

Leading the fight  
against urology disease

The Urology Foundation is committed to transforming the lives of people with a urology condition through ground-breaking research, training and education. Working with researchers, urologists and nurses we are dedicated to improving the nation's urology care so that fewer lives are devastated.

 [theurologyfoundation.org](http://theurologyfoundation.org)  
 @TUF\_Tweets  
 The Urology Foundation

The Urology Foundation  
is a registered charity (1128683)

 **UROLOGY**  
Awareness  
MONTH

Knowing the signs of  
**BLADDER CANCER**

A little TUF guide on  
urology health

THE  
**UROLOGY  
FOUNDATION**

# Every hour 7 people are diagnosed with a urology cancer.

Bladder cancer is the 7th most common cancer in the UK, affecting men and women of all ages, although typically it affects people aged 50 and older. 1 in 39 men and 1 in 110 women will be diagnosed with bladder cancer during their lifetime.

More than 10,600 people in the UK are diagnosed with bladder cancer each year. Men are three times more likely to get bladder cancer than women. Despite these figures, awareness for bladder cancer is low compared to other cancers.

There is an up to 80% survival rate if bladder cancer is diagnosed early. Therefore, knowing the signs to spot and when to seek medical attention will make a real difference.

This leaflet contains information about:

- Bladder cancer
- Signs and symptoms
- When to seek medical attention

## Bladder cancer

Bladder cancer is the abnormal growth of cells (tumour) in the bladder lining or bladder muscle. These are typically referred to as 'non-muscle invasive' or 'invasive' bladder cancer. Bladder cancer has a high chance of recurring so ongoing checks after treatment are necessary. The sooner it is diagnosed the better the treatment and outcomes.

### WHO IS AT RISK?

In most cases of bladder cancer, it appears that the cells of the bladder have been exposed to harmful chemicals over many years. You are more at risk of developing the disease if you:

- **Smoke or have smoked in the past**  
Smoking is the biggest risk factor for bladder cancer. It is estimated that half of all cases are caused by smoking.
- **Have been exposed to industrial chemicals**  
Previously used chemicals in industries such as dye factories and gasworks can increase your risk. Many of these substances are now banned but it can take 30 years for the disease to develop.

### KNOW THE SYMPTOMS

**Blood in pee is the most common symptom.**

- Your urine may be pink, red or a maroon, or may have streaks or clots in it. Blood in pee can happen suddenly and may come and go but you should always get it checked by your doctor straightaway.

**Other symptoms you may experience include:**

- Needing to pee more frequently
- A sudden urge to pee
- Pain or burning sensation when peeing

### TREATMENT

There are a number of treatments available for bladder cancer; visiting your GP for early diagnosis is key to determine the best method of treatment. In the event that you spot symptoms, please visit your GP immediately.



## Support The Urology Foundation

The only charity dedicated to all urology disease in the UK and Ireland. Thanks to our generous supporters we have been able to fund the brightest and best researchers and projects that fight urology disease.

You too can join the growing number of TUF supporters in the UK. There are various ways to get involved – by donating, fundraising for us or getting involved in a TUF challenge.

Please find out more on our website:  
<http://www.theurologyfoundation.org/get-involved>