

Kidney Cancer

Every day 28 people are diagnosed with the 8th most common cancer in the UK – kidney cancer. It is more common in people over 60 and usually only one kidney will be affected – it is rare for both kidneys to have the disease.

WHO IS AT RISK?

The exact cause of kidney cancer is not yet known, but you have an increased risk of the disease if you:

- **Are overweight**
Obesity is a significant factor of developing kidney cancer. We also know that being less active can increase your risk.
- **Smoke or have smoked in the past**
The more you smoke the greater your risk of the disease, in fact 24% of kidney cancers are linked to smoking.
- **Have a medical condition**
Suffering from high blood pressure and kidney failure may also increase your risk of the disease.

KNOW THE SYMPTOMS

- **Blood in pee**
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.
- Continued ache in your side, below the ribs.
- A lump or swelling in your side.
- Experiencing an ongoing high temperature and night sweats.

The early stages of kidney cancers may only be detected in a routine ultra sound. So, if you spot any of the symptoms make sure you see a doctor.

ALAN AND GERALDINE, PROSTATE AND BLADDER
CANCER SURVIVORS



‘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.’

WHAT YOU SHOULD LOOK FOR

- Blood in pee
- Needing to pee more frequently
- Pain when peeing
- Pain in the groin or lower back
- A lump or swelling on the testes

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

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.





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 The Urology Foundation

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UROLOGY
Awareness
MONTH

KNOWING SIGNS OF:

-  Bladder Cancer
-  Kidney Cancer
-  Prostate Cancer
-  Testicular Cancer

A little TUF guide on
urology health

THE
**UROLOGY
FOUNDATION**

Every hour 7 people are diagnosed with a urology cancer.

These cancers affect your kidneys, bladder, and for men it also includes their prostate and reproductive organs.

Although these cancers are not often spoken about they account for 20% of all new cancer cases. And they are expected to become more common due to the effects of today's lifestyle and an ageing population.

The earlier urology cancers are diagnosed the more likely treatment will be successful. Therefore knowing the signs to spot and when to seek medical attention will make a real difference.

This leaflet contains information about:

- Cancers that affect the bladder, kidneys, prostate and testicles
- The signs and symptoms of urology cancers
- When to seek medical attention

Bladder Cancer

Each year around 10,400 people are diagnosed with bladder cancer. It is the 7th most common cancer and affects more men than women. But women tend to have worse outcomes. The cancer takes a long time to develop and occurs more in older people.

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

Sadly only 1 in 2 people survive the disease. Early diagnosis is vital so make sure you know the symptoms to spot.

Prostate Cancer

Prostate cancer is the most common cancer in men in the UK with 41,000 men diagnosed with the disease each year. 84% of men survive the disease provided they seek medical attention as soon as they spot the symptoms.

WHO IS AT RISK?

Only men have the prostate gland and the risk of developing prostate cancer increases with age. It is not known exactly what causes the disease but you are more at risk if:

- **Age**
Men under 50 have a very low chance of prostate cancer but the risk increases as you get older.
- **Ethnicity**
Prostate cancer occurs more among men of African-Caribbean and African descent.
- **Family history**
You are twice as likely to get prostate cancer if a close relative (a brother, father, grandfather) has had the disease. And you may be at a higher risk if your mother or sister has had breast cancer.

KNOW THE SYMPTOMS

- Needing to pee more frequently, often at night
- Difficulty starting to pee
- Pain when peeing
- Feeling you've not fully emptied your bladder

Prostates can get larger as a man ages. This is known as an enlarged prostate which is non-cancerous but has the same symptoms as prostate cancer. If you experience any of the symptoms you should see your doctor so you can get treatment sooner.

Testicular Cancer

Cancer of the testes is relatively rare in the UK. About 6 men are diagnosed each day and, provided it is found early, testicular cancer is almost always curable. Testicular cancer is most common in young and middle-aged men.

WHO IS AT RISK?

Testicular cancer is not linked to any preventable risk factors, but you are at increased risk of the disease if you have:

- **Undescended testicles (cryptorchidism)**
Men who had cryptorchidism as a child have a higher chance of getting testicular cancer.
- **Family history**
If you have a father or a brother who had the disease your risk of testicular cancer is slightly more than if you did not.
- **Previous testicular cancer**
You are 12 times more likely to develop testicular cancer in the other testicle if you have been previously diagnosed. It is important you attend follow-up appointments so it can be caught early.

KNOW THE SYMPTOMS

A lump or swelling in the testicle is the most common symptom.

- Although most testicular lumps and swellings are not cancerous you should not ignore them, make sure you see your doctor as soon as possible.

Other symptoms you may experience:

- An ache or pain in your testicles or scrotum, which may come and go
- Your scrotum may feel heavy
- A sudden collection of fluid in your scrotum

If you notice anything unusual about your testicles you should go and see your doctor. Any changes may have other causes, but should always be checked out.