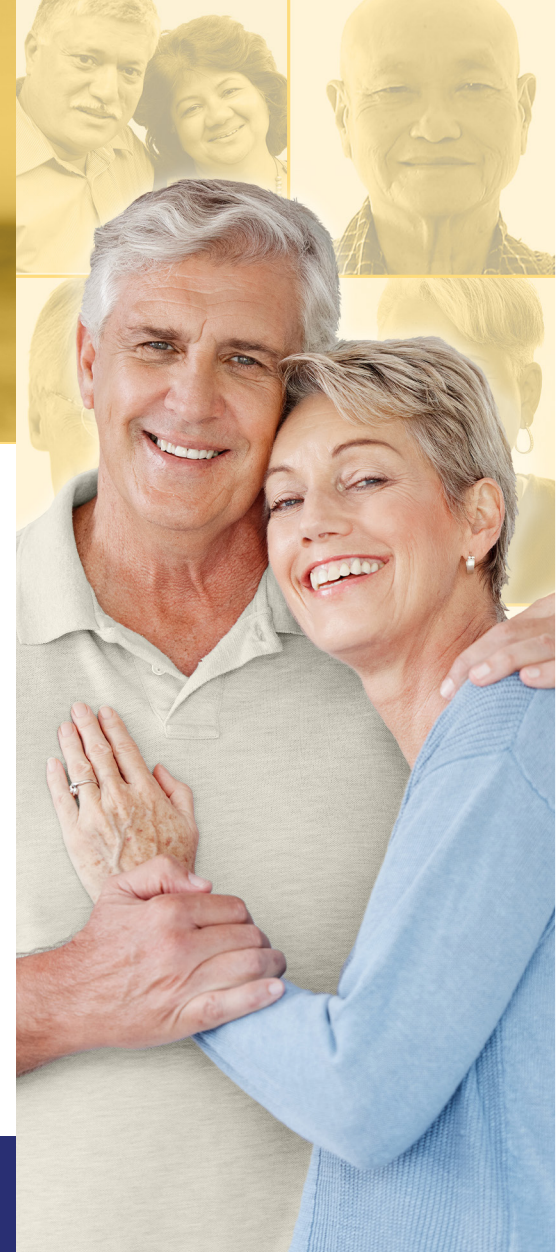


My Action Plan

- I will check my family history for bladder cancer
- I will talk to my doctor about my risks for bladder cancer
- I will watch out for bladder cancer symptoms
- I will review my lifestyle and make changes to improve my health, like:
 - not smoking
 - drinking less alcohol or eliminating alcohol
 - keeping a healthy weight

What can I do to protect myself from Bladder Cancer?

- Quit smoking
- Limit or stop drinking alcohol
- Drink a lot of liquids like water
- Stop usage and/or protect yourself from harmful chemicals:
 - Paints, dyes, textiles, plastics, metals, petroleum, combustible chemicals, arsenic (carcinogen) in drinking water
- Exercise 30 minutes, 5 times a week
- Get to and stay at a healthy weight



Where can I get more information?

For an appointment call
1-888-369-2427 (888-FOX-CHASE)
or visit www.foxchase.org

Where can I learn more?

**Philip E. and Naomi P. Lippincott
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215-214-1618
recstaff@fcc.edu



OFFICE OF COMMUNITY
OUTREACH AND
ENGAGEMENT



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 **Know the Facts...**



Bladder Cancer

Am I at risk for Bladder Cancer?

There is no way to know for sure if you are going to get bladder cancer. Certain things raise your chances of getting it. These are called risk factors.

Check your risk factors for bladder cancer below:

- ❑ I am a smoker (secondhand smoke also increases your risk)
- ❑ I was born a male (bladder cancer is more common in men than women)
- ❑ I am White/Caucasian
- ❑ I have a family history of bladder cancer
- ❑ I have chronic bladder inflammation (urinary infections, kidney stones, bladder stones)
- ❑ I drink alcohol
- ❑ I had bladder cancer before

If you *checked any* of these risk factors, you may be at risk for bladder cancer. Talk to your doctor about your bladder health.



What are the symptoms of Bladder Cancer?

The symptoms below may be caused by bladder cancer or by other health problems. Check with your doctor if you have any of these symptoms:

- Blood in the urine (often painless but common early sign people may ignore)
- Pain/burning when urinating
- Feeling the need to urinate when you do not have to
- Urinating often during the night
- Change in how often you urinate or feel the strong need to
- Feeling like the bladder does not empty all the way
- Not able to urinate or weak stream
- Swelling in the feet
- Feeling very tired
- Bone pain or lower back pain on one side
- Loss of appetite and weight loss

Keeping track of any changes in urination habits, especially if you see blood, can help doctors find cancer early!

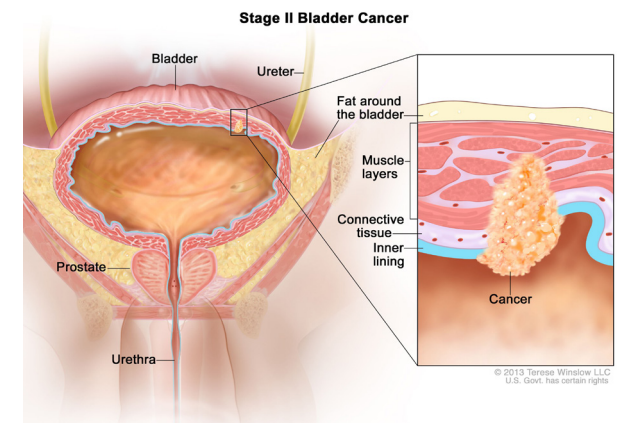
What are the screening tests for Bladder Cancer?

Screening tests are used to find a disease, like cancer, in people who do not have any symptoms. The goal of screening is to find cancer before it starts to cause symptoms.

At this time, there is no bladder cancer screening for the general public. People at high risk of bladder cancer should talk to their doctor about possible tests.

But, if bladder cancer is suspected, these tests may be done to diagnose the disease:

- Physical exam
- Urine test
- Cystoscopy
- Biopsy
- CT scan/ Xray/ Ultrasound/ MRI



Anatomy of the bladder.

Bladder cancer is the overgrowth of cells that starts in the lining of the bladder. Men and women can get bladder cancer, but it is more common in men. Survival rates are high when found early, so talk to your doctor if you have any symptoms.