

BLADDER CANCER. MORE THAN 68,000 AMERICANS WILL BE DIAGNOSED WITH BLADDER CANCER THIS YEAR. ABOUT 75% OF THEM WILL BE MEN.

Bladder Cancer is primarily a men's disease.

- ◆ Men have a 4 times higher incidence than women.
- ◆ 4th most common cancer diagnosed in men
- ◆ 2nd most common urologic malignancy
- ◆ Almost as prevalent in US men as colon cancer.
- ◆ The risk for bladder cancer increases with age; more common in men over age of 60.
- ◆ Firefighters are particularly at risk, with a 2 times greater incidence than the general population.

Bladder cancer is more common among men than women and more common among whites than blacks. When found and treated early, as often happens, the chances for survival are very good. The 5-year survival rate when detected early is almost 95%.



AM I AT RISK?

Bladder Cancer risk factors



Smoking
major risk



Occupational
exposure to
chemicals,
combustible
gases



Men with a
history of
gonorrhea

Family history or personal
history of bladder cancer

Bladder cancer has the highest rate
of recurrence of any cancer --

What are the signs of bladder cancer?

The most common sign of bladder cancer is blood in the urine, called hematuria. The blood can either be noticeable by the naked eye, or noted only when the urine is analyzed in a laboratory. Hematuria is present in over 80% of cases. *If you have blood in your urine, see the doctor - it requires testing.*

Other signs are urinary irritation, such as increased frequency of urination, a feeling of urgency to urinate, pain (burning) with urination, and the feeling of incomplete bladder emptying. Although these problems can be caused by something other than cancer, do not ignore them - see your doctor.

Detect Bladder Cancer Early

When blood in the urine is detected, patients are often referred to an Urologist who specializes in bladder cancer diagnosis and other urinary issues. A combination of tests is used to diagnose bladder cancer. The primary tool is a cystoscope (a visual look at the inside of the bladder). Urine tests are frequently part of the evaluation. Today, a simple urine test referred to as the NMP22 test is being used in conjunction with a cystoscopic exam and provides results within 30 minutes. This test is also being used by medical centers and occupational health groups to advance early detection of this cancer –either at the worksite or community health fairs.

The good news, if bladder cancer is detected early, it is very treatable. One also needs to be vigilant and aware of symptoms. Bladder cancer has the highest rate of recurrence of all cancers.

Cigarette smokers are 4 to 7 times more likely to develop bladder cancer than nonsmokers. Cigarette smoking is the greatest environmental risk factor for bladder cancer.

In a multi-center study of bladder cancer, **military veterans were nearly two times more likely** to be diagnosed with bladder cancer than other groups of males and females.

Work exposure: The invisible misty smoke from burning plastics has added a new toxic threat to **firefighters, arson investigators, HAZMAT workers and other military personnel exposed to chemicals, soot/smoke and carcinogens.** Chemicals used in the making of dye have been linked to bladder cancer. People who work with chemicals called aromatic amines may have higher risk. These chemicals are used in making rubber, leather, printing materials, textiles, and paint products.

Bladder cancer has the highest cost per patient of all cancers from diagnosis to death, with estimated annual direct costs of bladder cancer management at \$4 billion. Women and African Americans are more commonly diagnosed when the cancer is in a more advanced stage; combined with a high rate of recurrences and need for rigorous monitoring and treatment, the average cost per patient from diagnosis to death, ranges from \$96,000 - \$187,000.

KNOW THE SIGNS

- Blood in urine
- Urinary irritation
 - Burning
 - Frequent urination
 - Pain
 - Feeling urge to urinate
 - Feeling of incomplete bladder emptying

**Don't wait.
Be tested.
See your doctor.**

BLADDER CANCER LINKS

Bladder Cancer - Patient Guide - UrologyChannel
Urologychannel.com

Bladder Cancer Detection Resource Center
www.urotoday.com

National Cancer Institute
cancer.gov/cancertopics/types/bladder

American Bladder Cancer Society
bladdercancersupport.org

According to the Agency for Health Care Policy and Research of the US Public Health Service, 2005 annual expenditures are \$2.2 billion for bladder cancer versus \$1.4 billion for prostate cancer.

Sources

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