

May Is Bladder Cancer Awareness Month



With more than 81,000 new diagnoses and 17,000 deaths each year, bladder cancer is more common than you might think.

Know the Risks

Smoking is the leading risk factor for bladder cancer. Not drinking enough water and having multiple bladder infections can also increase your risk.

Bladder cancer occurs most commonly in:

MEN

Compared with women, men are **three times more likely** to experience bladder cancer.



SENIORS

Adults **over age 55** are at highest risk. **Age 73 is the average age** of diagnosis.



CAUCASIANS

Caucasians are **nearly twice as likely** to experience bladder cancer than Blacks and Hispanics.



Recognize the Symptoms

Because its symptoms mimic other urinary tract issues, bladder cancer can be tricky to diagnose. Common symptoms include:



Blood

Urine may be pink, orange, or dark red. Your provider may find blood during a routine exam even though your urine looks normal.



Discomfort

You may experience swelling in your feet, aches in your bones or back, and general lethargy.



Abnormal urination

If it becomes more frequent or painful, wakes you at night, or comes in a weak stream.

Prevention Tips

Want to reduce your risk of bladder cancer?



STOP SMOKING, as experts suspect half of bladder cancers **are caused by smoking**.



PROTECT YOURSELF AT WORK. Exposure to certain industrial chemicals and diesel fumes can increase your risk. **Wear respirators and protective gear whenever possible.**



INCLUDE PLENTY OF water, fruits, and vegetables **in your diet.**

Learn more about how we treat bladder cancer at RockyMountainCancerCenters.com/Bladder-Cancer.