



July is Bladder Cancer Awareness Month & 17th July is observed as National Bladder Cancer Awareness Day.

Bladder cancer is a cancer that starts in the urinary bladder. The urinary bladder is the body part that holds and releases urine. The great majority of bladder cancers are diagnosed at an early stage — when bladder cancer is highly treatable.

However, even early-stage bladder cancer is likely to recur.

Causes:

The exact cause of bladder cancer is not known. But several things may make you more likely to develop it:

- ✦ **Cigarette smoking.** Smoking greatly increases the risk of developing bladder cancer. Up to half of all bladder cancers in men and several in women may be caused by cigarette smoke.
- ✦ **Chemical exposure at work.** About one in four cases of bladder cancer is caused by coming into contact with to cancer-causing chemicals at work. These chemicals are called carcinogens. Dye workers, rubber workers, aluminum workers, leather workers, truck drivers, and pesticide applicators are at the highest risk.
- ✦ **Chemotherapy:** The chemotherapy drug cyclophosphamide may increase the risk of bladder cancer. Your doctor may prescribe a medicine to reduce this risk.
- ✦ **Radiation treatment:** Women who had radiation therapy to treat cervical cancer have an increased risk of developing bladder cancer.
- ✦ **Bladder infection:** A long-term (chronic) bladder infection or irritation may lead to a certain type of bladder cancer.
- ✦ Research has not shown clear evidence that using artificial sweeteners leads to bladder cancer.

Symptoms:

Symptoms of bladder cancer can include:

- ✦ Lower abdominal pain.
- ✦ Flank pain.
- ✦ Blood in the urine.
- ✦ Bone pain or tenderness if the cancer spreads to the bone.
- ✦ Edema of lower extremities.
- ✦ Fatigue.
- ✦ Painful urination.
- ✦ Urinary frequency.
- ✦ Urinary urgency.
- ✦ Urine leakage (incontinence).
- ✦ Weight loss.

When to Contact a Medical Professional:

Call your health care provider if you have blood in your urine or other symptoms of bladder cancer, including:

-  Frequent urination.
-  Painful urination.
-  Urgent need to urinate.
-  Leakage of urine.

Over time you will learn to cope with your condition, but until then, you might:

-  Have a schedule of follow-up tests and go to each appointment.
-  Take care of yourself so that you are ready to fight cancer if it comes back.
-  Talk with other bladder cancer survivors.
-  Take help from bladder cancer support groups.

Prevention:

-  Don't smoke.
-  Take caution while dealing with chemicals.
-  Drink sufficient water throughout the day.
-  Incorporate in your diet a variety of fruits and vegetables.

Reference Links:

-  <http://www.mayoclinic.org/diseases-conditions/bladder-cancer/basics/prevention/con-20027606>
-  <http://www.nlm.nih.gov/medlineplus/ency/article/000486.htm>
-  http://en.wikipedia.org/wiki/Bladder_cancer

For any enquiry or assistance please contact: wellness@medicaretpa.co.in

Disclaimer: No information contained here should be relied on in making health decisions. Always check with your doctor or other health care provider.