



TIP SHEET Bladder Cancer

Are You at Risk for Bladder Cancer?

The following factors may increase your risk:

Smoking. Smoking causes about half the cases of bladder cancer among men and women.

Male. Men are about four times more likely than women to be diagnosed with bladder cancer.

Chemicals at work. Some industries—dye, rubber, chemical, metal, painting, printing, hairdressing, textile and leather—involve cancer-causing chemicals.

Arsenic. Found in some soil and minerals, arsenic has been used in pesticides and wood preservation. The U.S. banned arsenic in wood preservatives in 2002 and safety measures limit arsenic levels in public drinking water.

Prior cancer treatments. Certain drugs or radiation to the abdomen or pelvis.

Family history of bladder cancer.

Hereditary conditions such as hereditary nonpolyposis colon cancer (HNPCC) or Lynch Syndrome.

Symptoms to Tell Your Doctor

- Blood in your urine (may appear rusty or darker red)
- Urinary urgency
- Frequent urination
- Painful urination
- Feeling need to empty bladder without results
- Needing to strain (bear down) while urinating

1 in 26
men will be diagnosed with bladder cancer during their lifetime.

QUIT SMOKING? YES, YOU CAN!

Call the **New York State Smokers' Quitline** at **1-866-NY-QUITS (1-866-697-8487)** or visit www.nysmokefree.com for free information, support and cessation aids.





Why Roswell Park Cancer Institute?

Genitourinary surgeons with high-volume expertise in robot-assisted surgery for bladder cancer and reconstruction.

Nationally recognized urology program. RPCI was named to Best Hospitals for 2013-14 by *U.S. News & World Report*, receiving special recognition for High Performance in the area of Urology.

Access to the latest therapies. The newest treatments, available through clinical research studies, are important options for many patients. About 50% of RPCI patients are eligible for a clinical study. Whether or not you choose to participate is entirely your choice.

Meet the Doctors

(above from left to right)

Urology

- 1) Khurshid Guru, MD
- 2) James Mohler, MD
- 3) Thomas Schwaab, MD, PhD
- 4) Willie Underwood III, MD, MPH, MSci

Medical Oncology

- 5) Saby George, MD, FACP
- 6) Ellis Levine, MD
- 7) Donald Trump, MD, FACP
- 8) Roberto Pili, MD

Radiation Oncology

- 9) Michael Kuettel, MD, PhD, MBA

Nuclear Medicine

- 10) Dominick Lamonica, MD

Median age at diagnosis is

73

Treatment the RPCI Way

We believe every patient is unique and we approach cancer treatment on an individual basis, treating the whole person, not just the cancer.

We offer the highest level of cancer care, including:

A multidisciplinary approach by a team of urologists, medical and radiation oncologists, plus psychologists, social workers, dieticians and others who work together to provide comprehensive and integrated care—all under one roof.

Robot-assisted surgery. More than 98% of bladder cancer surgeries are performed with this minimally invasive technique, an important option for the more than 60% of patients over age 65. Many of these patients could not undergo traditional, open surgery because of other health problems.

Latest medical therapies including regional chemotherapy and the biologic treatment with Bacillus Calmette-Guérin (BCG), where a weakened bacterial solution is placed in the bladder to stimulate the immune system to attack cancer cells.

Radiation therapy using external beam radiation therapy (EBRT) or internal radiation (also known as brachytherapy) using a radioactive substance or seeds placed in the body.

Bladder cancer is the

6th

most common cancer in the United States.



GET A SECOND OPINION

Second opinions are important in cancer care. We can arrange for RPCI's pathologists to review your scans and medical reports and set up a consultation with a member of our bladder cancer team. If you seek a second opinion at RPCI, you are under no obligation to receive your care here.