

Blood in your urine is the most common symptom of bladder cancer. About 4 in every 5 people with bladder cancer will have haematuria.

Other symptoms you might have include:

- » An increase in frequency or difficulty in urinating
- » An increase in the feeling of urgency to urinate
- » Pain when urinating
- » Abdominal pain
- » Lower back pain
- » Fatigue
- » Appetite or weight loss

Just because you have these symptoms does not mean you have bladder cancer. However, you should certainly tell your doctor about them.



WORRIED ABOUT BLOOD IN YOUR URINE?

To learn more about Cxbladder, talk to your doctor or visit us at www.cxbladder.com

- ☎ 0800-CXBLADR (0800-292-5237)
- 📧 Blog: blog.cxbladder.com
- 📘 Facebook: Cxbladder
- 🐦 Twitter: @Cxbladder
- 📺 YouTube: Cxbladder

Cxbladder is a laboratory developed test for the detection of bladder and other urinary tract cancers and is only to be used under the guidance of a healthcare professional. Your doctor will use the results provided by this test along with other clinical information to make decisions about your medical care.

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Patient Information

You may be worried if you see blood in your urine. This is called haematuria, and is the most common symptom of bladder cancer.

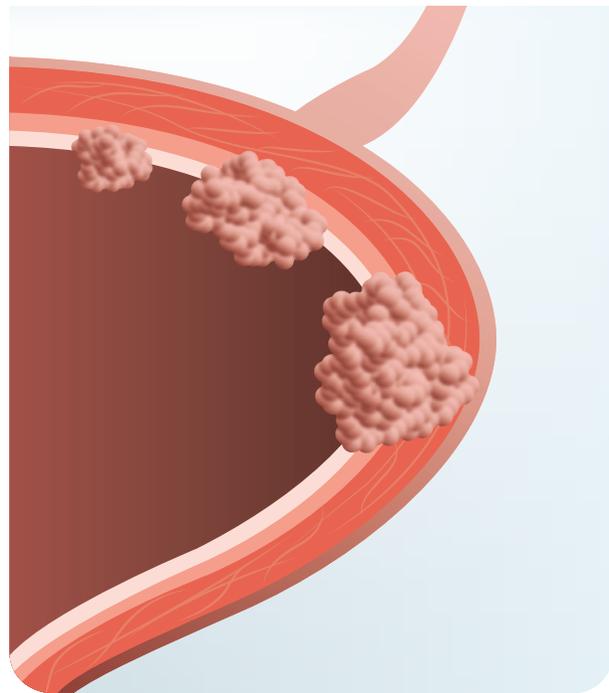
Blood in your urine?

- » If you have haematuria, you are not alone. Up to 1 in every 5 people may have haematuria from time to time.
- » Blood in urine is a common sign of bladder cancer, but it also has many other possible causes.
- » If blood is present in your urine, you may be able to see it (macrohaematuria) or it may be invisible (microhaematuria).
- » Microhaematuria is found by a urine dipstick test. Alternatively, a doctor may look at a sample of your urine through a microscope.
- » Haematuria may or may not be associated with pain.
- » Some foods, drugs and other factors may cause your urine to be red. In these cases, you do not need to be alarmed.

Common factors causing urine to be red

- » **Food:** Certain foods, like beetroot, blackberries, blueberries, and rhubarb can turn urine red or pink.
- » **Medication:** Some medications can cause the discolouration of urine.
- » Other factors include monthly periods (in women), sexual activity, trauma, urinary tract infection, vigorous exercise, and viral illness.





What is bladder cancer?

Bladder cancer is a type of cancer that begins in your bladder. It often starts in the cells that line the inside of the bladder and can grow deeper into the bladder.

Bladder cancer facts

- » Worldwide, bladder cancer is the ninth most common cancer.
- » It is 4 times more common in men than women.
- » It usually affects older adults, but can occur at any age.
- » It is most common in men aged 55+ years.
- » It is rare in people under 40 years of age.

Bladder cancer has a high chance of coming back

- » Most bladder cancers are diagnosed at an early stage, when they are highly treatable.
- » But even early-stage cancers can recur.
- » Patients who survive bladder cancer require ongoing check-ups for many years after their first treatment.



Risk factors for bladder cancer

Gender: Bladder cancer occurs in both men and women, but the risk is 4 times greater in men than women.

Age: Bladder cancer is more prevalent in those aged 55+ years.

Smoking history: About half of all people with bladder cancer are current smokers or ex-smokers. The risk is 4-times greater in current smokers, and 2-times greater in ex-smokers, than in non-smokers.

Exposure to chemicals in the workplace: Bladder cancer risk can be increased in jobs with long-term exposure to harmful chemicals, like:

- Boot and shoe manufacture and repair
- Firefighting
- Foundry work
- Hairdressing
- Machining and metal work
- Painting
- Petroleum refining
- Plastic and rubber industry
- Printing industry
- Rail and heavy road transport
- Road paving
- Textile industry
- Vehicle maintenance and repair

How is bladder cancer detected?

If detected early, bladder cancer can be treated successfully. If your doctor thinks you might have bladder cancer, he or she may use one or more of the following tests:

- » **Physical examination and medical history:** A risk assessment based on current symptoms, medical history and risk factors.
- » **Urine tests:** Check for the presence of blood or cancer cells in your urine.
- » **Cystoscopy:** A thin, lighted tube called a cystoscope is used to view the inner wall of your bladder. A tissue sample (biopsy) may be taken and looked at under a microscope.
- » **Ultrasound:** A scanning test that uses a microphone to bounce sound waves off body structures and get a picture. Checks for masses and blockages in the tubes connecting your kidneys and bladder.
- » **CT scan:** Uses x-rays to create cross-sectional images of your bladder, urinary tract, abdomen and pelvis.
- » **Urine molecular diagnostic tests:** Urine-based tests like Cxbladder look for genetic material biomarkers in your urine that can detect or rule out the presence of bladder cancer.



What is Cxbladder?

Cxbladder is a laboratory developed urine test that is accurate, non-invasive and easy-to-use. Your doctor might use Cxbladder to help make decisions about your medical care.

Why choose Cxbladder?

- » Pain-free testing requiring just a small urine sample.
- » Accurate, convenient and fuss-free.
- » Actionable results in 5 working days.
- » Get peace-of-mind by ruling out bladder cancer.
- » Available in selected labs or do it from the privacy of your own home.

How do I get the Cxbladder test?

Talk to your GP or Urologist about whether Cxbladder is right for you.

Alternatively, you can order Cxbladder online at

www.cxbladder.com or phone

0800-CXBLADR (0800-292-5237)