



BLADDER CANCER ARE YOU AT RISK?

“Bladder cancer is the sixth most common cancer among men globally, while in Australia and New Zealand, men are **four times more likely women to diagnosed with the disease in their lifetime.”**

To reduce your risk, know the signs to watch for. Bladder cancer is treatable, especially when detected in its early stages, so it's important to recognise and act on symptoms as soon as possible.

What is the first sign of bladder cancer?

Blood in the urine also referred to as **'haematuria'**, is the most common symptom of bladder cancer and is usually the first symptom patients experience, given that early-stage bladder cancer often causes bleeding without associated pain or other signs.

If you notice bright red blood in your urine, or if your urine has turned pinkish or reddish-brown, giving the appearance of blood, make an appointment to see your doctor.

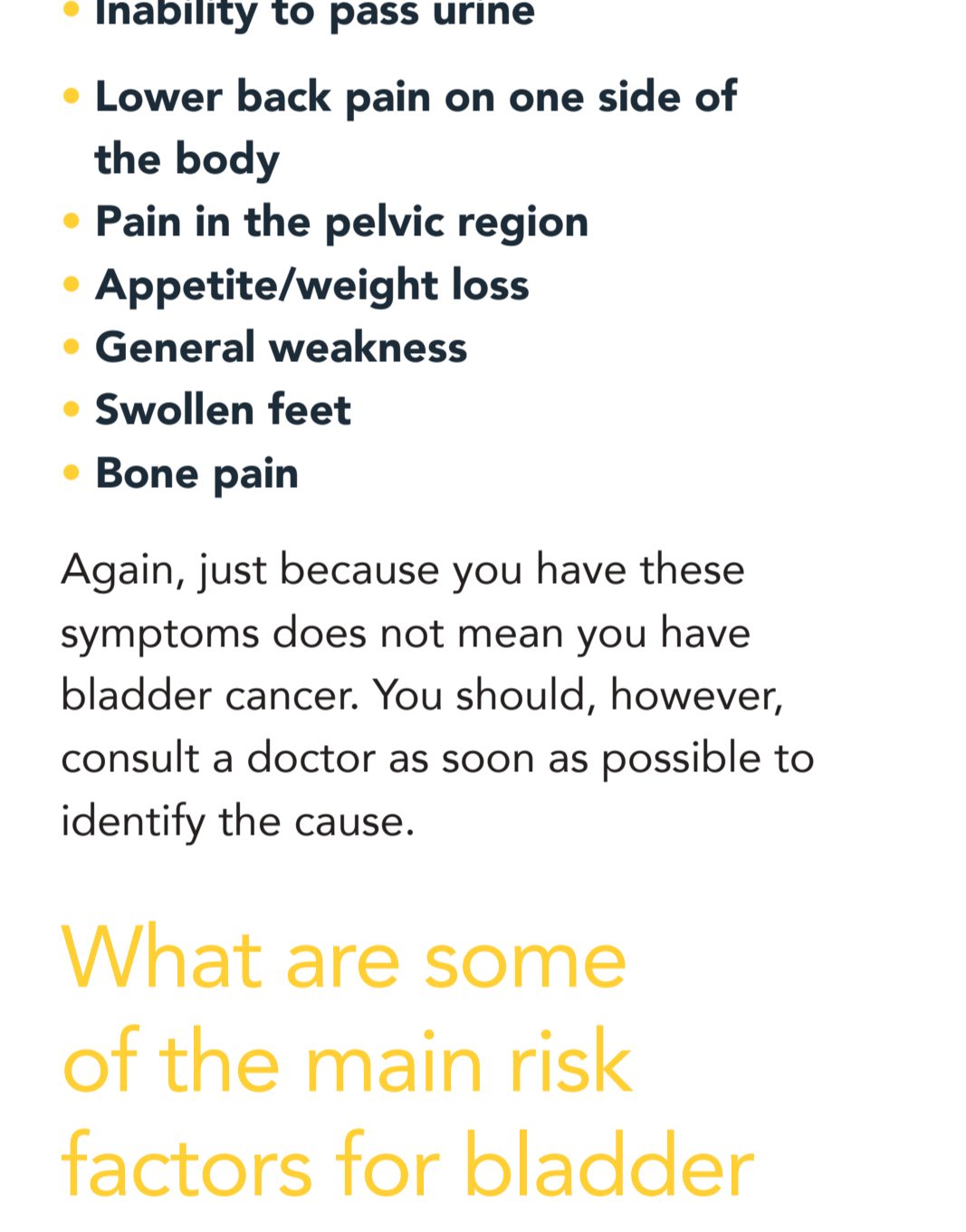
It's important to realise blood may not always be present in the urine of individuals with bladder cancer—there may be relatively long periods of clear urine (weeks or sometimes months). If you see red, speak to your GP.

Does having blood in my urine mean I have bladder cancer?

Not necessarily, and the likelihood is low. Most who experience haematuria do not have bladder cancer. In one study only about 10% of people with visible haematuria were diagnosed with bladder cancer. Other causes of haematuria can include bladder infection (i.e., urinary tract infections or UTIs), kidney infection, bladder or kidney stones, prostate enlargement, vigorous exercise, and physical kidney injury. Pigments in certain foods and medications can also discolour the urine (e.g., beets, berries, fava beans, food dyes, and certain medications), even more, especially if you are active.

That being said, approximately 4 in every 5 people with bladder cancer will experience haematuria, so you must speak to a doctor and identify the cause of the bleeding as soon as possible.

Are there other symptoms of bladder cancer?



Yes, bladder cancer may present a range of symptoms depending on how far it has advanced. These include:

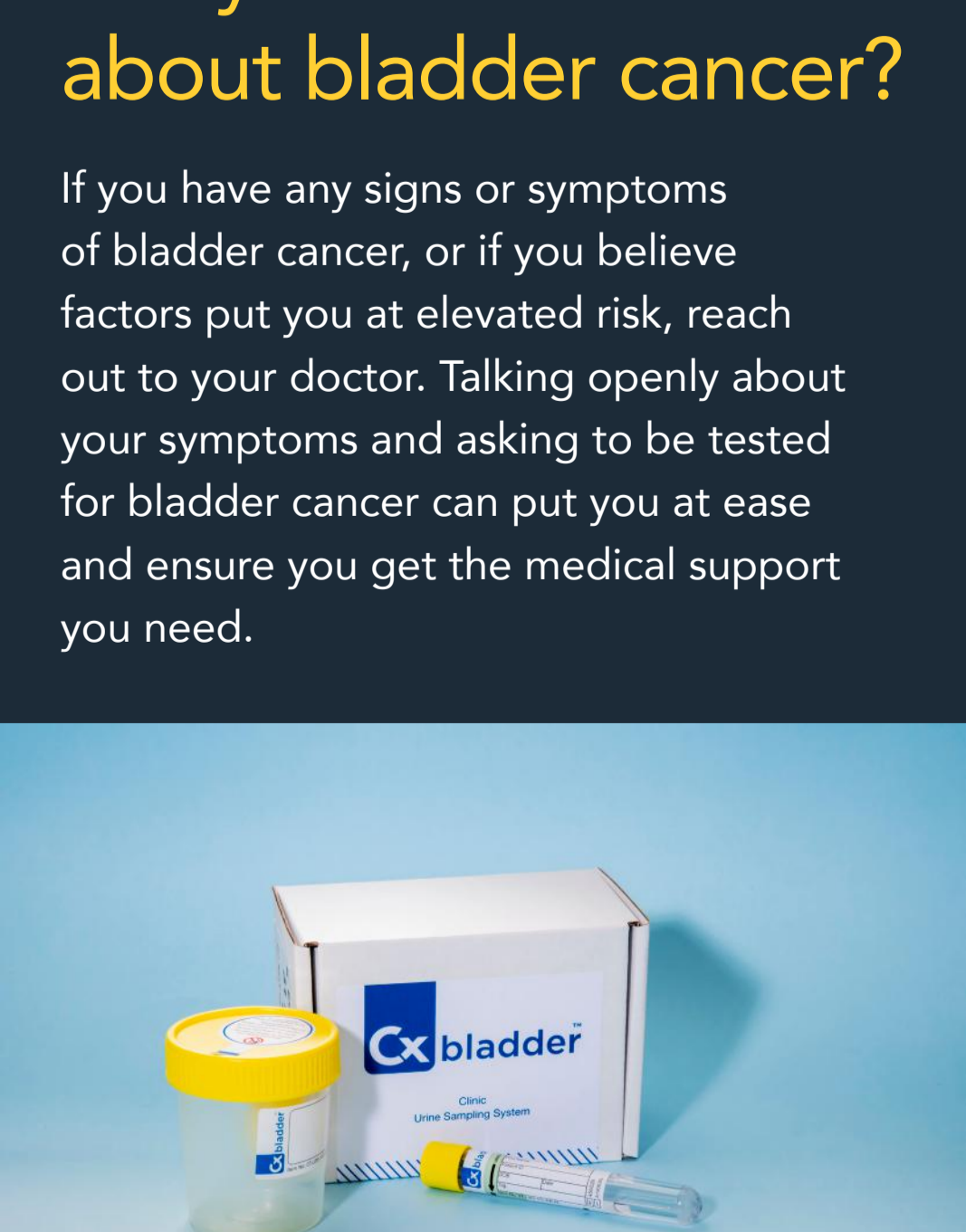
- **Urinary irritation** - (for instance, pain or a burning sensation during urination)
- **Changes in bladder habits** - (for instance, increased urination frequency and/or urgency, or difficulty passing urine)
- **Inability to pass urine**
- **Lower back pain on one side of the body**
- **Pain in the pelvic region**
- **Appetite/weight loss**
- **General weakness**
- **Swollen feet**
- **Bone pain**

Again, just because you have these symptoms does not mean you have bladder cancer. You should, however, consult a doctor as soon as possible to identify the cause.

What are some of the main risk factors for bladder cancer in men?

Several factors have been linked with an increased risk of developing bladder cancer in both men and women. Some of these include:

- 1. Age** - Bladder cancer predominantly affects older adults. Over 90% of people diagnosed with bladder cancer are 55 years and older.
- 2. Tobacco smoking** - Tobacco smoke contains known carcinogens. Smoking is the most important risk factor for bladder cancer and is responsible for about half of all cases in men (and women). Compared with non-smokers, smokers are 3 to 4 times more likely to get bladder cancer



- 3. Workplace exposures** - Occupational exposure to carcinogens such as aromatic amines and certain hydrocarbons is also a prominent bladder cancer risk factor. These chemicals are commonly used in the production of dyes, paint, metal, rubber, and petroleum products. Industries and occupations that have been linked with increased risk of bladder cancer include the rubber industry, firefighters, and painters as well as farmers who use fungicides.
- 4. Diet and nutrition** - Several dietary and nutritional factors may be associated with bladder cancer risk. For example, current evidence suggests that daily consumption of tea and plentiful vegetables and fruit could each decrease the risk of bladder cancer. In contrast, excessive consumption of processed meats may contribute to a higher risk of the disease.

Are you concerned about bladder cancer?

If you have any signs or symptoms of bladder cancer, or if you believe factors put you at elevated risk, reach out to your doctor. Talking openly about your symptoms and asking to be tested for bladder cancer can put you at ease and ensure you get the medical support you need.



When you speak with your doctor, ask them about Cxbladder. Most patients who present with haematuria do not have cancer. Cxbladder is an easy-to-use and non-invasive genomic urine test that enables the accurate rule out of those that do not have bladder cancer, reducing the need for further invasive procedures.

For more information and references:

<https://www.cxbladder.com/nz/blog/bladder-cancer-causes-and-symptoms-in-men/>.

