

TREATMENTS FOR BLADDER CANCER

- **Surgery:** tumor removal done through a procedure called transurethral resection of bladder tumor (TURBT) or bladder removal, called a cystectomy
- **Intravesical therapy:** involves filling the bladder with a liquid medication that helps destroy cancer cells. The two main types are Bacillus Calmette-Guerin (BCG) and chemotherapy
- **Systemic therapy:** typically an intravenous (IV) treatment
 - Types of this therapy include chemotherapy, immunotherapy [checkpoint inhibitors like pembrolizumab (Keytruda), nivolumab (Opdivo), avelumab (Bavencio), and atezolizumab (Tecentriq)] and targeted therapy enfortumab vedotin-ejfv (Padcev), erdafitinib (Balversa), and sacituzumab govitecan-hziy (Trodelyv).
- **Radiation therapy:** a medical treatment that uses high doses of radiation to destroy or damage cancer cells
- **Clinical trials:** clinicaltrials.gov

Source

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[ACT]IVATION TIPS

[ACT]IVATION TIP: "Do not settle for what's offered to you if you know that other options are available. Do a simple Google search and find out what treatment options available, and then mention them to your local oncologist. And the vast majority of them, whether they provide them or not, will tell you, 'Yes, that is an option. We don't do that here, but please check out these other places.' So don't kind of settle for if they just give you one approach and that's it, they don't mention anything else. You've got to question that a little bit." - Dr. Shaakir Hasan

[ACT]IVATION TIP: "Do not be so kind of close-minded to think, oh, academic center, that's going to be the best quality care and a community center, that's going to be subpar. No, dig a little bit deeper, ask specifically, what do you offer and try to do a little bit of your own research and say, is there bladder preservation? Is there immunotherapy? Do you offer clinical trials, and then go from there." - Dr. Shaakir Hasan

[ACT]IVATION TIP: "Take it upon yourself regardless of how good you feel to engage in preventive medicine & seek medical attention, Even when you feel healthy, get routine checkups, because a lot of times you won't know what's going on and won't feel it. But we can detect it early without you feeling it. And that could eventually save your life if we catch something early." - Dr. Shaakir Hasan

[ACT]IVATION TIP: "Find what treatments are available, discuss these options with your provider. The second you do that, they know you're engaged. They're going to engage back with you, and it'll be more of a partnership in your management and care. Look at multiple providers, and get multiple opinions so you can to feel comfortable with whatever decision you end up making." - Dr. Shaakir Hasan

[ACT]IVATION TIP: "Be your own advocate, if there is something abnormal, please have your clinician address it. Please bring this up, and you're not going to offend anybody. Even if you do, that's not the biggest problem here, right? If you feel like you're not being taken care of, if you're not being taken seriously, that's going to be the biggest issue. Advocate for yourself if you feel you're not getting the appropriate care." - Dr. Shaakir Hasan

[ACT]IVATION TIP: "Ask about all the resources available. It's not just a physician. There are plenty of experts, a nurse navigator, a social worker or even support groups. You'd be surprised at how much help you might get." - Dr. Shaakir Hasan

CHECKLIST

- ☒ 1. **Activate Your Care During Your Initial Appointment.** Discuss diagnosis, stage, and treatment options.
- ☒ 2. **Establish Your Treatment Team.** Find treatment centers experienced with treating bladder cancer with an individualized approach.
- ☒ 3. **Maintain Open Communication.** Discuss fears and concerns openly. Do not hesitate to seek 2nd or 3rd opinions.
- ☒ 4. **Research Financial Support.** Explore financial assistance options as well as other community financial support options.
- ☒ 5. **Explore Clinical Trials.** Discuss your suitability with your doctor to weigh benefits and risks.
- ☒ 6. **Seek Emotional Support.** Talk openly with loved ones, consider talk therapy, and connect with relevant support groups.
- ☒ 7. **Strive for a Healthy Lifestyle.** Maintain a balanced diet, moderate exercise, and stress management.
- ☒ 8. **Stay Informed.** Learn about your cancer through trusted resources, ask questions, and remain updated on advancements.

RESOURCES

[Patient Empowerment Network](#)
[American Bladder Cancer Society](#)
[American Cancer Society](#)
[American Institute for Cancer Research](#)
[Bladder Cancer Advocacy Network](#)
[CancerCare](#)
[Cancer Support Community](#)
[Clinicaltrials.gov](#)
[National Comprehensive Cancer Network](#)
[Urology Care Foundation](#)
[World Bladder Cancer Patient Coalition](#)

CLOSING THE GAP ON DISPARITIES

- Men are 4 times more likely than women to be diagnosed with bladder cancer, and the incidence in white men is twice that of Black men.
- The later presentation of bladder cancer in women may be the result of mistaking early symptoms as postmenopausal bleeding and urinary tract infections.
- Educate yourself on bladder cancer, its symptoms, and risk factors. Understanding the disease can help in early detection and prompt treatment, which is crucial for better outcomes.
- Engage in regular preventative care, which can help with early detection and improve survival rates.
- Participate in clinical trials: Clinical trials are essential for ensuring that new therapies are effective for diverse populations. Consider participating in a clinical trial to contribute to research that can help reduce disparities in bladder cancer outcomes.

Source

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