

An [ACT]IVATED patient is informed, empowered, and engaged in their care.

COMMON MYTHS ABOUT BLADDER CANCER

- **Only the elderly get bladder cancer:** Bladder cancer is more common in older individuals but can occur in younger people too.
- **Only smokers get bladder cancer:** Smoking is a major risk factor, but other environmental exposures (e.g., chemicals, paints, plastics, leather, rubber) also increase the risk. Treatments for pelvic conditions, like radiation, can lead to bladder cancer.
- **Bladder cancer diagnosis equals death:** Early detection significantly improves survival rates. Non-muscle-invasive bladder cancer has a five-year survival rate exceeding 90%.
- **Only men get bladder cancer:** Bladder cancer is more common in men, but women can also develop it. Many women may not recognize early signs, such as blood in the urine, mistaking it for menstrual issues or menopause. Early detection is crucial for better outcomes. Don't hesitate to reach out to your doctor with any changes in your body.
- **Bladder cancer is hereditary:** Most bladder cancers do not have a genetic link. Rare cases of bladder cancer are associated with genetic factors.

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[ACT]IVATION TIPS

- [ACT]IVATION TIP:** "For patients who have financial difficulties when it comes to obtaining health insurance, please contact your local county or municipality level board of health. They have resources available for you based on of your economic circumstances."
- Dr. Randy Vince
- [ACT]IVATION TIP:** "Trust your body, because no one knows your body better than you do. If you notice different changes in your body, like increased urination or the frequency of urination, blood in your urine, should seek medical advice or attention for immediately."
- Dr. Randy Vince
- [ACT]IVATION TIP:** "I'm a big believe in education, education, education. Please try to understand everything you can about your diagnosis and cancer stage. Don't be afraid to ask your doctor for more information or to explain something to you." - Dr. Randy Vince
- [ACT]IVATION TIP:** "If you live in a rural area, talk to your physician about the resources that are available local to you, because oftentimes there are what we call satellite opportunities for cancer centers to participate at an institution that might be closer to your residence. Your doctor might be able to get you in with a program that not only covers cancer care but also participates in high-quality research, which we know can be beneficial overall in your treatment journey." - Dr. Randy Vince
- [ACT]IVATION TIP:** " Go beyond just understanding your treatment options. Seek out support systems that might not necessarily be at the place where you reside. Attend cancer support groups. There is a certain strength and vulnerability in having candid and open conversations with people who have gone through this journey before. They can help you in so many ways. So don't be afraid of having those conversations and seeking that support." - Dr. Randy Vince
- [ACT]IVATION TIP:** "Be sure to ask your doctor about the latest treatment advances and what might be a good fit at your cancer stage. Refer to NCCN Guidelines if needed when learning about treatment options." - Dr. Randy Vince
- [ACT]IVATION TIP:** "I'm passionate about educating patients on the connection between societal issues and their overall health. We try to be a conduit for patients to be able to obtain information and assess to resources. So, that way we minimize that burden on the patient when it comes down to receiving cancer treatment. Ask your doctor to help connect you to information and resources" - Dr. Randy Vince

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.

TREATMENTS FOR BLADDER CANCER

- Determined based on the type of bladder cancer (muscle-invasive or non-muscle invasive) as well as stage. Consider clinical trials as well!
- **Muscle-Invasive Bladder Cancer Treatment Options**
 - **Surgery:** Radical Cystectomy, which is the removal of the entire bladder, often combined with chemotherapy OR Bladder-Conserving Surgery called transurethral resection of bladder tumor (TURBT), followed by radiation therapy with or without chemotherapy
 - **Chemotherapy:** Either given before surgery to shrink tumor pr after to eliminate remaining cancer cells.
 - **Immunotherapy:** alternative to chemotherapy and often better tolerated
- **Non-Muscle-Invasive Bladder Cancer Treatment**
 - **Transurethral Resection of Bladder Tumor (TURBT)**
 - **Intravesical Therapy:** chemotherapy directly instilled into the bladder
 - **Surveillance**

[Source](#), [Source](#)

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](#)

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