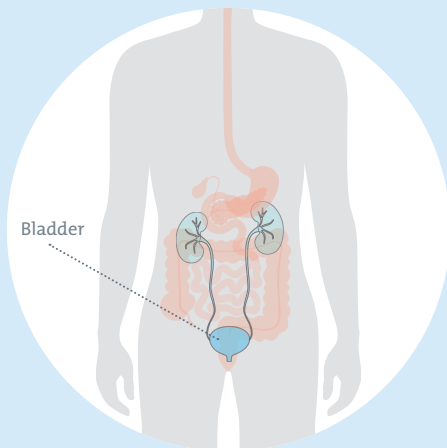




What is bladder cancer?

Bladder cancer occurs when abnormal cells in the bladder's lining uncontrollably multiply. The most common type of bladder cancer is urothelial carcinoma which occurs in more than 90% of cases.



Signs and symptoms

The most common symptom of bladder cancer is blood in your urine. Other symptoms of bladder cancer may be difficult to recognise as they can appear similar to less serious conditions, such as UTIs.

If your symptoms persist or you have a family history of bladder cancer, it's important to speak with your GP as soon as possible.

Symptoms of bladder cancer can include:

- blood in the urine (haematuria)
- pain or burning sensation while urinating (dysuria)
- lower back pain
- needing to urinate frequently
- unexplained weight loss
- problems emptying the bladder.

Common tests used to diagnose bladder cancer

Blood tests

Blood tests can support other diagnostic results to formally diagnose or investigate the stage of bladder cancer.

Internal exam

As the bladder is located close to the rectum and vagina, your doctor may organise an internal exam. An internal exam only lasts for a few seconds and involves your doctor entering their fingers to feel for anything unusual.

Urine tests

Providing a urine test allows your doctor to check for blood in your urine. If blood is found in your urine, you may be asked to undergo more tests to rule out other health concerns.

Cystoscopy

During a cystoscopy, your Epworth urologist uses an instrument called a cystoscope to look inside the bladder. A cystoscope is a thin tube with a small camera. Cystoscopy is an essential test for bladder cancer patients as small tumours may be missed on alternative tests such as CT scans.

Medical imaging

Your doctor may request you to undergo medical imaging such as a CT scan or ultrasound. These scans provide urologists with images of your bladder and other parts of the body to understand if cancer has spread.

Treatment options

Your treatment plan will be tailored to your specific stage and type of bladder cancer. Below is an overview of common bladder cancer treatments:

Surgery

There are a range of surgical procedures for bladder cancers. Each type depends on if the cancer is invasive (has spread to other parts of the body) or non-invasive. If you are a suitable patient for bladder cancer surgery, your urologist will explain the specific surgical options to best treat your cancer.

Chemotherapy

Chemotherapy is a common form of treatment for bladder cancer involving the use of anti-cancer drugs to attack cancer cells. This is administered directly to the bladder. Chemotherapy is often used alongside other treatments such as radiotherapy or surgery.

Radiotherapy

Radiotherapy is the use of radiation to treat and manage cancer.

Your care team

A urologist will coordinate and lead your bladder cancer care. A urologist is a specialist doctor in the treatment of urinary system conditions.

Your team throughout your bladder cancer journey may also include radiation oncologists, medical oncologists, nursing and allied health staff.

Your care team is here to provide you with comprehensive treatment, access to talented, caring specialists and support for you, and your family, during this challenging time.

Why choose Epworth for cancer care?

No one wants to experience cancer. *Our goal is to support you.*

You can expect a trusted specialist who will listen to your concerns and discuss the latest treatment options available for you to choose from.

Your own team of experts — doctors, nurses and allied health professionals — will focus on your wellbeing. **Ask your GP for a referral to Epworth.**

The bladder cancer journey at Epworth

Information to help you feel prepared for your next steps.

> Symptoms

Speak to your GP if you experience symptoms of bladder cancer.

> Diagnosis

Your GP can refer you to Epworth to access several testing options to investigate and formally diagnose bladder cancer.

> Treatment

Epworth specialists are here to help you understand your treatment options so you can make an informed choice of treatment.

> Rehabilitation

Holistic rehabilitation programs are available before, after or during treatment, tailored to your individual needs.

> After treatment

Epworth patients in remission from bladder cancer may need follow-up appointments.

Choose your Epworth bladder cancer specialist



Click
or scan the
QR code



- > Urologists
- > Medical oncologists
- > Radiation oncology service

Epworth locations for cancer care

We are Victoria's largest not-for-profit private hospital group, renowned for excellence in diagnosis, treatment, care and rehabilitation. You will find specialist wards, imaging, pathology, and more, all onsite.

Get access to:

- > Your choice of specialist and location.
- > Timely screening, investigation and diagnosis.
- > Treatment (including surgery, chemotherapy, radiation therapy, targeted treatment and clinical trials).
- > Modern inpatient and day oncology facilities.
- > Multidisciplinary care with experts across specialties.

Epworth Eastern

1 Arnold Street
Box Hill VIC 3128
Phone 03 8807 7100

Epworth Freemasons

109 Albert Street
East Melbourne VIC 3002
Phone 03 9483 3833

Epworth Geelong

1 Epworth Place
Waurm Ponds VIC 3216
Phone 03 5271 7777

Epworth Richmond

89 Bridge Road
Richmond VIC 3121
Phone 03 9426 666

To become an Epworth patient, ask your GP for a referral to an Epworth specialist.



For more information about bladder cancer visit epworth.org.au/oncology