

Fight Bladder Cancer is the voice of all those affected by bladder cancer in the UK. The charity was founded by patients and carers and keeps the patient at the heart of all our work.



### Our vision

A future where everyone survives bladder cancer and lives long and well.



### Our mission

To lead the fight against bladder cancer, driven by patient and family insights.

### Our values

We are:

- patient-led
- compassionate
- action-orientated
- ambitious.

We have always worked closely with urologists, oncologists and cancer nurse specialists.

We understand the need to work more closely with primary care to improve bladder cancer care.



Our website  
[fightbladdercancer.co.uk](http://fightbladdercancer.co.uk)



Our website for professionals including how to order information packs for GPs free of charge.



## Information for GPs

Including our handy guidelines for referral

Email us: [info@fightbladdercancer.co.uk](mailto:info@fightbladdercancer.co.uk)

Phone us: between 9:30 and 4.30 pm, Monday to Friday, on **0300 102 0181**.

Write to us: at the following address

**Fight Bladder Cancer**  
The Village Centre | High Street  
Chinnor | Oxfordshire | OX39 4DH

- @BladderCancerUK
- @BladderCancerUK
- @BladderCancerUK
- fight-bladder-cancer



# Bladder Cancer

Did you know, each year, over 21,000 people develop bladder cancer in the UK, and half of them do not live beyond 5 years from diagnosis?

The prognosis for bladder cancer significantly improves the earlier it is discovered.

Bladder cancer is strongly related to age, with the highest incidence being in older people. Survival outcomes for female bladder cancer patients are significantly worse than for males.



**21,000**

People develop bladder cancer in the UK each year

**50%**

Die within 5 years of a diagnosis



Bladder cancer is strongly related to age



Survival outcomes are worse for women



**Haematuria is the most common symptom of bladder cancer.**

## Refer as Urgent – Suspected Cancer:

- Aged 45 and over and have unexplained visible haematuria without urinary tract infection.
- Visible haematuria that persists or recurs after successful treatment of urinary tract infection.
- Age 60 and over and have persistent unexplained non-visible haematuria in the absence of urinary infection. (i) [ii]

## Refer as Routine:

- Asymptomatic persistent non-visible haematuria without obvious cause (age 45–60)
- Unexplained visible haematuria < 45 years of age
- Patients over 40 who present with recurrent UTI associated with any haematuria. <sup>[i]</sup> [ii]

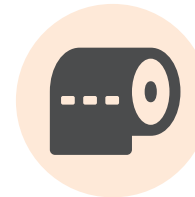
## Other common symptoms include ...



RECURRING UTI's



FREQUENT NEED TO WEE



INCONTINENCE



PAIN WHEN WEEING



LOWER BACK PAIN



WEIGHT LOSS



TIREDNESS

**Ensure that haematuria associated with infection resolves after treatment.**

## RECURRENT UTIs AND IRRITATIVE BLADDER SYMPTOMS can be associated with bladder cancer.

Check your local pathways / guideline to ensure appropriate referral and investigation.

(i) NICE [NG12]

(ii) Scottish Referral Guidelines for Suspected Cancer (bladder & cancer referral.)

## Dr Johnstone Shaw FRCGP FRCOG Bladder cancer patient & retired GP



It all started in January 2019. I was an extremely fit and healthy 64-year old still working (part-time) as a GP. After a vigorous spin-cycling class, I started passing blood in my urine. It was so heavy that clots later stopped urine flow, and I thought I would have to be admitted. After quite a bit of water to flush the system through, it thankfully cleared. Being a doctor, I had diagnosed myself with bladder cancer by that time!

I saw my GP the following day. He arranged for an ultrasound scan that would confirm that there was a lesion blocking the right ureter from my kidney. I was referred for an urgent appointment for a cystoscopy and CT scan. The results confirmed a diagnosis of bladder cancer. It was an horrendous experience, mainly on receiving the news and that there would be a 6-week wait for further investigation. It is also a very painful and embarrassing procedure.

In April I had an outpatient TURBT (general anaesthetic trans-urethral bladder tumour resection and biopsy of bladder tumour.) My bladder cancer specialist explained the procedure in great detail. and tried to reassure me that he thought we had caught it early.

The following day, he broke the news that the tumour looked like it was "muscle-invasive", and radical surgery was required in the form of a radical cystoprostatectomy. After a pre-op CT scan I had the surgery in May. So that was almost 17 weeks after my initial symptoms. Fortunately, I needed no further treatment.

Who knows. My spin cycle coach may have saved my life? (As well as, of course, my excellent GP and bladder cancer surgeon!)

Four years on, I am back to living a relatively normal life as a happily retired GP, and spin-cycling strenuously three times a week. Getting used to having a urostomy took a while. Living with the fear of recurrence rears its head when my regular CT scans happen, but I cope with that more easily than in the early days. Support from **Fight Bladder Cancer** and my local Maggie's has helped me live life positively rather than constantly thinking I'm about to die. That was not easy.

**"Early diagnosis of bladder cancer saves lives. GPs are at the front line in making that happen."**