

...about how seeing your doctor early could **save your life**



One day in September 2000 I was horrified to see quite a lot of blood in my pee. I saw my doctor the next day, by which time my pee was back to normal. But following tests at the local hospital I was diagnosed with bladder cancer and had an operation, then chemotherapy. Several years on I still lead an active life. My wife and I enjoy walking in the countryside and I belong to a local fitness club.

Tony Kirkbank, aged 68, Trustee of Action on Bladder Cancer



When I told my wife I'd noticed blood in my pee, she said I should make an appointment to see my doctor as soon as possible. I wasn't sure, as it wasn't painful, but I'm glad I listened to her. The doctor sent me for tests and I was diagnosed with kidney cancer. But since my treatment in 2004 I haven't had any problems. I still work part-time as a university lecturer and I'm even writing a new book.

Pat Hanlon, aged 69, Trustee of Kidney Cancer UK

...about how to **reduce** your chances of getting kidney or bladder cancer

Stop smoking

It's never too late to quit. No matter what age you stop smoking, it reduces your chances of developing kidney or bladder cancer and makes a real difference to your health in general. There's plenty of support and help available from the NHS. Visit smokefree.nhs.uk or call **0800 169 0169**.

Look after yourself

Try to maintain a healthy weight and keep active. Swimming, cycling, dancing – the more you can do, the better. Even walking to your local shops instead of taking the car can make a difference.

Eat healthily

Try to get your 5-a-day. So eat more vegetables and fruit, fish and wholegrain foods. Eat less fattening foods like cakes and pastries and fewer processed meats like bacon and ham.

Unclear on anything?
Visit nhs.uk/bloodinpee



Dr Anant Sachdev

If you notice blood in your pee, even if it's 'just the once', tell your doctor.





Dr Rosie Loftus

...about kidney and bladder cancer

There are around 16,000 new cases of kidney and bladder cancer in England every year. Together these cancers cause 7,000 deaths annually, but this needn't be the case. Knowing what to look out for saves lives.

Both cancers affect men and women, although they are more common in men. Most people diagnosed with these cancers are over 50. Those with a family history of bladder cancer are more prone to developing the disease, as are those who have worked in manufacturing jobs that involved the use of rubber, dyes, textiles, plastics or certain other chemicals. People on kidney dialysis are more at risk of developing kidney cancer.

If you notice any blood in your pee, even if it is just once, tell your doctor straight away. The chances are it's nothing serious, but these cancers are more treatable if they are found early.

...about how to spot it

Blood in your pee is the most common symptom of both types of cancer.

Other kidney cancer symptoms include:

- A pain below the ribs that doesn't go away
- A lump in your stomach

Other bladder cancer symptoms include:

- Needing to pee very often or very suddenly
- Pain while peeing

...about how important it is to see your doctor

You're not wasting anyone's time by getting your symptoms checked out and, if it's not serious, your mind will be put at rest. But if it is a condition such as kidney or bladder cancer, early detection makes it easier to treat. Seeing your doctor early could save your life.

Having symptoms doesn't mean it's cancer

Some symptoms may be caused by an infection or kidney or bladder stones, all of which may need treatment. But don't try and diagnose yourself. Go and see your doctor now to find out for sure.

Looking out for others

If you know anyone who has any of these symptoms, insist they see their doctor.

You can find your doctor's contact details online at [nhs.uk/bloodinpee](https://www.nhs.uk/bloodinpee)

“If you notice any blood in your pee, it's very important to see your doctor as soon as possible.”

Tony Kirkbank, bladder cancer survivor