



BladderCancer.org.au

BLADDER CANCER CHECKLIST

1

Know These Facts About Bladder Cancer

- Bladder cancer ranks as the 11th most common cancer among Australians.
- More than a thousand people die of it every year.
- It has a very high recurrence rate (up to 80%), so early diagnosis is key.
- Australian men, particularly over 70, are most at risk.
- The most significant symptom for early diagnosis is blood in the urine.



2

Check Your Urine Often

Blood may not show up as bright red but may appear as a pinkish or rusty hue. Use toilets that flush with clear water (without coloured cleaning tablets) to make any changes in color more noticeable.



3

Seek Medical Advice Immediately

If you have any suspicions at all about the colour of your urine, seek medical advice. Do not tell yourself that it is nothing or hope that it will go away. Don't be too embarrassed to tell your GP. Early diagnosis is vital for successful treatment.



4

Consider Home Testing

If you cannot see your GP immediately, purchase urine test strips from your chemist and conduct your own urine tests over a few days. Blood in the urine might indicate a range of conditions (or none at all), but they are a first early warning sign for bladder cancer. If it persists, SEE A DOCTOR!



5

Spread The Word

Mention bladder cancer to your family and friends. Stress the importance of checking for blood in the urine as an early warning sign. Education and awareness can save lives, so share this information with those you care about.



6

Take Action This May

During May, take the opportunity to raise the issue of Bladder Cancer Awareness month by providing this checklist to aged care and retirement villages, senior citizens' groups, church groups, hobby and social groups, and with neighbors. Post on social media to help spread awareness.

