



Bladder Cancer Checklist

Supporting Family & Friends

- 1

Discuss Early Warning Signs

Discuss the early warning signs for bladder cancer, especially blood in the urine, and the importance of medical follow-up with your immediate family.
- 2

Talk To Family And Friends

Talk with your family and friends, especially those from non-English speaking backgrounds, and those who are older than 70, about the importance of early detection and follow-up.
- 3

Offer Support

Offer to support your family and friends who are worried or fearful about their bladder cancer diagnosis or treatment. Support is most helpful if it is specific and practical. For example rather than saying “Contact me if there’s anything I can do” a better approach is to suggest that you take them to medical appointments, shop for them, run errands, help with household chores, visit them in hospital or at home, cook them meals, or regularly phone or text them.
- 4

Raise The Issue

Take the opportunity to raise the issue, as appropriate, in other forums such as your senior citizens’ group, your church group, your hobby group, or with neighbours. This might be face-to-face or through various social media platforms.
- 5

Stay Up-To-Date

If your family has a history of bladder cancer, or other cancers, remain up-to-date with treatments and other advances. Refer to our Bladder Cancer Patient Guide and our Procedure Guides on our website for current information: www.bladdercancer.org.au
- 6

Volunteer

Volunteer with a bladder cancer charity or support organization and participate in community awareness and fund-raising events.
- 7

Donate

Donate to charities who support people with bladder cancer. Our charity, BladderCancer.org, is run entirely by volunteers. As volunteers we raise money, develop and update resources and reach out to the community in an endeavour to educate and support those with bladder cancer.