… about how seeing your doctor early could save your life

"I only saw blood in my pee once and thought I would wait to see if it happened again. But my wife didn't agree and encouraged me to go straight to my doctor. It turned out to be bladder cancer. Please don't hesitate – if you see any blood in your pee, go straight to your GP."

Phil Kelly, Patient Trustee, Action on Bladder Cancer

"I noticed blood in my pee in late 2013. I knew something was wrong and made an appointment to see my doctor straight away. He referred me to hospital for tests, which showed I had bladder cancer. I'm so glad I acted quickly and my cancer was caught early. My husband and I enjoy sailing, and six months after my treatment we went sailing around Britain."

Geraldine Sinfield, aged 67
Supporter of The Urology Foundation

"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. At first, because I felt no pain, I wasn't sure if I needed to. But I'm glad I listened to her. The doctor sent me for tests and I was diagnosed with kidney cancer. Since my treatment in 2004 I haven't had any problems and still work part-time as a university lecturer."

Pat Hanlon, aged 73
Trustee, James Whale Fund for Kidney Cancer

… about reducing your risk of cancer

Around 300,000 people are diagnosed with cancer in England each year, but about 4 in 10 cases could be prevented by lifestyle changes, including:

Stop smoking

Smoking increases the risk of many cancers. If you smoke, the best thing you can do for your health is to quit. There's plenty of support and help available from the NHS. Visit **nhs.uk/smokefree** or call **0300 123 1044**.

Look after yourself

Being overweight or obese can increase your risk of some cancers. Try to maintain a healthy weight and keep active. Swimming, cycling, dancing, walking – the more you can do, the better. Try to eat a healthy, balanced diet too, with plenty of fruit and vegetables.

Cut down on alcohol

Drinking too much alcohol can lead to a number of health problems and is linked with some cancers. By drinking less, you'll reduce your health risks.

More information

For more information on how to reduce your risk of cancer visit **nhs.uk/reduce-your-risk**

Unclear on anything?

Visit nhs.uk/bloodinpee

This leaflet is also available in alternative formats from the website above or from Public Health England – please email **enquiries@phe.gov.uk**

BE CLEAR ON CANCER

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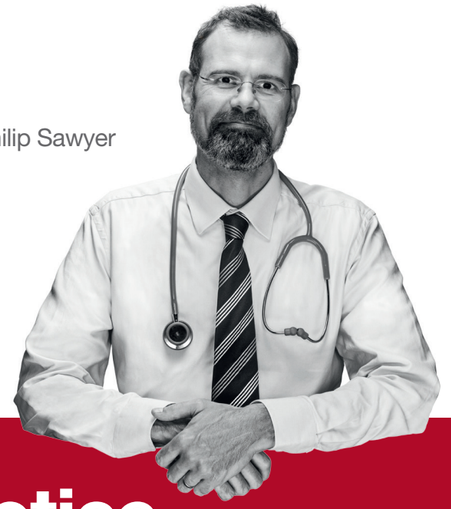

Dr Philip Sawyer

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

BE CLEAR ON CANCER

... about bladder and kidney cancer

Around 17,450 people in England are diagnosed with bladder or kidney cancer each year. Both cancers affect men and women, although they are more common in men. Bladder and kidney cancers can affect people of all ages but are most common in people over 50.

Smokers have a much higher risk of these cancers. Other things that increase the risk of bladder and/or kidney cancer include:

- Being overweight or obese
- Some jobs, because of exposure to certain chemicals
- Other medical conditions, such as kidney failure
- A family history of cancer

In England, around 7,600 people die from bladder or kidney cancer each year, but this needn't be the case. Knowing what to look out for saves lives. 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.

You can find your doctor's contact details online at nhs.uk/findgp

Look before you flush

If you don't check you may not notice blood in your pee. So remember to look before you flush the toilet.

... about how to spot it

Blood in your pee is a key symptom for both types of cancer.

Other bladder cancer symptoms include:

- Cystitis (a urinary tract infection) that is difficult to treat or comes back quickly after treatment
- Pain when peeing

Other kidney cancer symptoms include:

- A pain in the side, below the ribs, that doesn't go away
- Weight loss

... 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 bladder or kidney cancer, early detection makes it easier to treat. Seeing your doctor early could save your life.

Some symptoms may be caused by an infection or bladder or kidney 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.

Go back to your doctor if your symptoms persist

If you've been to the doctor but your symptoms haven't gone away, he or she will want to know. It's important to see your doctor again if your symptoms persist.

Looking out for others

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