

Doctor Discussion Guide:

# ADVANCED BLADDER CANCER



Bladder cancer ranks sixth on the list of most common cancers in the United States. Advanced or metastatic bladder cancer differs from earlier stages due to its spread beyond the bladder into other organs and lymph nodes. People diagnosed with advanced stages often work with teams of healthcare professionals including primary care doctors, oncologists, urologists and radiologists. To better understand the progression of your cancer and best evaluate treatment options, you will need to share symptom information with your doctor. Bring a loved one to your appointment so they can help you communicate.

**Complete this doctor discussion guide to help you have a more productive conversation with your doctor and succeed in planning for the future.**

## What are the different types and stages of bladder cancer?

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## At present, I am experiencing the following symptoms:

*(Check all that apply)*

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|--|--|
| <input type="checkbox"/> frequent urination              | <input type="checkbox"/> blood in urine                                  |
| <input type="checkbox"/> pain or burning while urinating | <input type="checkbox"/> difficulty urinating when my bladder feels full |
| <input type="checkbox"/> bladder pain                    | <input type="checkbox"/> loss of appetite                                |
| <input type="checkbox"/> unintentional weightless        | <input type="checkbox"/> shortness of breath                             |
| <input type="checkbox"/> fatigue                         | <input type="checkbox"/> extreme fatigue                                 |
| <input type="checkbox"/> bone pain                       |  |

## Since my last appointment, my symptoms have:

*(Circle on scale below)*





**What are my treatment options? How can we track my progress on this treatment?**

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**Does this treatment plan have any side effects?**

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**What is the goal of my treatment?**

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**What types of tests do I need? How do I schedule them?**

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**I'm feeling upset/anxious/overwhelmed by my diagnosis. Where and who do I go to for help?**

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**Based on my condition, what types of exercise can I do regularly?**

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**How should I prepare for my next appointment?**

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**Sources:** NIH.org; Mayo Clinic; Cancer Treatment Centers of America

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