Bladder Cancer Diagnosis? Now What?

Read on to get information that can help you or a loved one.

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What to expect

Treatment

Fighting bladder cancer means your doctor will likely recommend one or more treatments to stop and/or prevent the cancer from spreading. Usually, these treatments include:

- Surgery
- Chemotherapy
- Radiation therapy

Surgery

Surgery is often the first treatment option for someone diagnosed with bladder cancer. There are usually many different surgery options available, so you should talk to your doctor about the best one for you.

Chemotherapy

Chemotherapy is the use of drugs to kill cancer cells. It stops or slows the growth of cancer by killing cells that are dividing quickly. This affects both cancer cells and healthy cells that divide quickly, so chemotherapy can cause side effects. These side effects are usually temporary, but they can last for several weeks or longer. Your doctor will probably give you specific instructions about caring for yourself if you receive chemotherapy.

Radiation therapy

Radiation therapy uses high-energy rays or particles (for example, beams of gamma rays or protons) to kill cancer cells and stop them from growing. Cancer cells are more sensitive to radiation than normal cells, which can help to reduce the damage to healthy tissue.

Staying positive after diagnosis

Your cancer is not a death sentence. You can have a meaningful life after a diagnosis of bladder cancer. A positive attitude can help you to face the challenges of cancer and enjoy life to the fullest.

Alternative therapies

Alternative therapies can help you to cope with the emotional and physical challenges of bladder cancer. They can help to improve your quality of life and make you feel better. However, it is important to talk to your doctor before starting any alternative therapy.

Support groups

Support groups can be a great source of emotional support and information. They can help you to cope with the challenges of bladder cancer and make you feel less alone.

You can find support groups in your area by searching online or asking your doctor.

Click here to explore the Let's Talk Bladder Cancer video series to hear directly from people living with bladder cancer, as well as doctors and others in the broader bladder cancer community.

References


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