

...about how seeing your doctor early could save your life



I went to the toilet one morning and saw there was blood in my pee, so I immediately rang my doctor. I went for tests at the hospital which showed I had kidney cancer. Because they found it early, it hadn't spread, and they were able to operate successfully. Acting quickly probably saved my life. In fact, it's given me a new lease of life. I'm now trying to convince my husband to buy a camper van so we can go off on new adventures.

Pam Crooks, aged 65



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 see the doctor. But I'm glad I listened to her. The doctor sent me for tests and I was diagnosed with kidney cancer. But since my treatment in 2004 I haven't had any problems. I work part-time as a university lecturer and I'm even writing a book.

Pat Hanlon, aged 70
Trustee of Kidney Cancer UK

...about how to reduce your chances of getting kidney or bladder cancer

Stop smoking

It's never too late to quit. No matter what age you stop smoking, it reduces your chances of developing kidney or bladder cancer and makes a real difference to your health in general. There's plenty of support and help available from the NHS. Visit smokefree.nhs.uk or call **0800 169 0169**.

Look after yourself

Try to maintain a healthy weight and keep active. Swimming, cycling, dancing – the more you can do, the better. Even walking to your local shops instead of taking the car can make a difference.

Eat healthily

Try to get your 5-a-day. So eat more vegetables and fruit, fish and wholegrain foods. Eat less fattening foods like cakes and pastries and fewer processed meats like bacon and ham.

Unclear on anything?
Visit nhs.uk/bloodinpee

**BE CLEAR
ON CANCER**

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Dr Anant Sachdev

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Dr Rosie Loftus

...about kidney and bladder cancer

Every year, around 16,600 people in England are diagnosed with bladder or kidney cancer. Around 7,500 people die from bladder or kidney cancer in England each year, but this needn't be the case. Knowing what to look out for saves lives.

Both cancers affect men and women, although they are more common in men. Most people diagnosed with these cancers are over 50. Those who have worked in manufacturing jobs that involved the use of rubber, dyes, textiles, plastics or certain other chemicals are more prone to developing bladder cancer. People on kidney dialysis are more at risk of developing kidney cancer.

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.

...about how to spot it

Blood in your pee is the most common symptom of both types of cancer.

Other kidney cancer symptoms include:

- A pain below the ribs that doesn't go away
- A lump in your stomach

Other bladder cancer symptoms include:

- Needing to pee very often or very suddenly
- Pain while peeing

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

Having symptoms doesn't mean it's cancer

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

Looking out for others

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

You can find your doctor's contact details online at [nhs.uk/bloodinpee](https://www.nhs.uk/bloodinpee)

“If you notice any blood in your pee, it's very important to see your doctor as soon as possible.”

Tony Kirkbank, bladder cancer survivor