

Q3 2022

BRANDAMP BY AARP




Get Answers to Difficult Bladder Cancer Questions [Learn more >](#)

BRANDAMP BY AARP AARP Rewards: \$4,000

Bladder Cancer Diagnosis? Now What?

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

by **Astellas Pharma US, Inc. and Seagen (Paid Content)**



ASTELLAS PHARMA US, INC. AND SEAGEN

Receiving any cancer diagnosis is fraught with emotion, and a bladder cancer diagnosis is no exception. You may be in a state of shock, trying to process what the doctor has told you. You probably have a million questions about what happens next, but it's hard to sift through the barrage of information – details about the condition, treatment options, outlook. If you or a loved one has just received a diagnosis of bladder cancer, here are a few key pointers for navigating the journey ahead.

What to expect

Treatment

Following a bladder cancer diagnosis, your doctor will likely refer you to an oncologist to provide specialized care for your cancer. Your oncologist can help you determine the right treatment option for your type of bladder cancer. Common types of treatment for bladder cancer may include chemotherapy, surgery, immunotherapy, targeted therapy, and radiation therapy.¹ Even after your oncologist shares their recommended treatment plan, you may have questions about whether it's the right one for you. Seeking a second opinion may be a helpful next step and can provide an additional expert perspective, while helping you feel more assured in your treatment decision. During your visit with your healthcare provider, it's important to ask questions, write down information and, when possible, bring a family member or friend to the appointment as a second set of ears.

How might my life be different after a bladder cancer diagnosis?

YOU'RE HERE: LET'S TALK BLADDER CANCER

How might my life be different after a bladder can...

Watch later

And the doctors are going to be

Watch on YouTube

Embed

powered by embedly

Once you and your doctor have decided on a treatment approach, you might find yourself with new questions about life with bladder cancer, such as:

- How might my life be different now that I've been diagnosed with bladder cancer?
- How could my bladder cancer diagnosis affect my relationships?
- Will bladder cancer affect my sex life?

No matter the question – even if you feel silly or embarrassed asking it – your doctor and your medical team are there to help and can provide useful resources or refer you to an appropriate specialist to make sure your questions are answered.

Ongoing care

After starting treatment, you can expect to have regular visits with your doctor.² During these visits, your doctor will ask questions to understand how your treatment is going and schedule you for any necessary exams and tests.

Every patient's schedule of exams and tests will be different.² This depends on the stage and grade of your cancer, what treatments you've had and other factors. It is crucial to follow your doctor's advice about follow-up visits and procedures.

Staying positive after diagnosis

Your cancer does not define you. While you may need to adjust your lifestyle following diagnosis, it is also important to maintain certain daily routines, hobbies and relationships that make you happy and help you feel like yourself.

There is always hope. There have been significant advances in research and care over the past decade that have improved the outlook for people with bladder cancer, and treatments are continuing to emerge and evolve.³

Even still, if you find yourself feeling hopeless or experiencing symptoms of anxiety, depression or other mental health challenges that are impacting your wellbeing, it's important to talk to your doctor and get help when needed.

Advice for caregivers

It is not uncommon for a patient's family or close friends to assume the role of caregiver. Despite the sadness and shock of having a loved one diagnosed with cancer, many people find personal satisfaction and meaning in caring for that person.⁴

Caregivers can play various roles, from helping their loved one manage lifestyle changes to providing emotional support. They may help feed, dress, and bathe the patient, if needed, and arrange schedules, manage insurance issues, and provide transportation.⁴ They may even act as financial managers and housekeepers. Caregivers often have to take over the duties of the person with cancer, while continuing to meet the needs of other family members.

Some caregivers feel a burden to do it all alone. They may come to think that, as the close friend or family member, they're solely responsible for the patient. It can be difficult to admit they can't do it all.

As a caregiver, it is important to remember to take care of yourself as well. This **Caregiver Resource Guide** from the American Cancer Society provides helpful tips on caring for a loved one with cancer while taking care of your own well-being.

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.

LET'S TALK BLADDER CANCER

How Might Life be Different After a Bladder Cancer Diagnosis?

[Learn more >](#)

Membership

Get the Most From Your Membership

- Get Card
- Add a Non-Member to MyAccount
- MyAccount
- Download the App

CUSTOMIZE YOUR MEMBERSHIP

Get Card | Renew Account | Newsletters

LET'S TALK BLADDER CANCER

Questions to Ask After a Bladder Cancer Diagnosis

[Learn more >](#)

¹Cancer.net, Bladder Cancer: Types of Treatment. Available at: <https://www.cancer.net/cancer-topics/bladder-cancer/types-treatment>. Accessed August 11, 2022.

²American Cancer Society. Living as a Bladder Cancer Survivor. Available at: <https://www.cancer.org/cancer/bladder-cancer/after-treatment/follow-up.html>. Accessed June 16, 2022.

³American Cancer Society. Advancement of Cancer Survivorship. Available at: <http://www.cancer.org/treatment/understanding-your-diagnosis/history-of-cancer-survivorship.html>. Accessed June 14, 2022.

⁴American Cancer Society. If You're About to Become a Cancer Caregiver. Available at: <https://www.cancer.org/treatment/caregivers/if-youre-about-to-become-a-cancer-caregiver.html>. Accessed June 6, 2022.

advertise.aarp.org/brandamp/showcase/Seagen

AARP Media Advertising Network

1