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# The Beacon

e-Newsletter of the Bladder Cancer Advocacy Network

BCAN.ORG



*July 2021*

[Read past editions here](#)



Smiling faces from last year's Virtual Summit.

## Join Us at our free Virtual Summit for Patients and Families

Connect with other bladder cancer patients and caregivers via Zoom on Saturday, October 9 from 12:00 - 5:30 pm ET for our [Bladder Cancer Summit for Patients and Families](#).

[Register](#)

## Your FREE Personal Nutrition Assistant



BCAN has partnered with Savor Health to bring personalized nutrition support to help people with bladder cancer eat healthily and stay well-nourished throughout treatment and beyond. [Good nutrition](#) can help people with cancer feel better and

## BCAN.org - Your One Stop Shop for Bladder Cancer Videos



We hear from many bladder cancer patients that there are those scary moments when they wake up in the middle of the night, craving information about the disease. We are here to help and the good news is that our

manage symptoms like diarrhea, nausea, tiredness, and decreased appetite. This service is [Ina®](#), the Intelligent Nutrition Assistant.

Simply text Ina® from your cell phone 24/7 on demand she'll respond with personalized nutrition tips, recipes, and answers to your questions.

Sign up for  
Ina

information is available 24/7.

For example, our web site offers a section with numerous [bladder cancer-related videos](#). They include Patient Insight Webinars, Treatment Talks, patient and caregiver interviews as well as animated videos that help explain some of the common terms associated with bladder cancer.

Visit the videos  
page

## Upcoming Expert Videos

### Precision Medicine and Bladder Cancer

September 29th, 2021  
6:00 PM - 7:00 PM ET

[Register here](#)

### What you need to know about clinical trials options to treat bladder cancer

September 14th, 2021  
7:00 PM - 8:00 PM ET

[Register here](#)

## Melanie's Story: I Was Shocked to Learn I Had Bladder Cancer

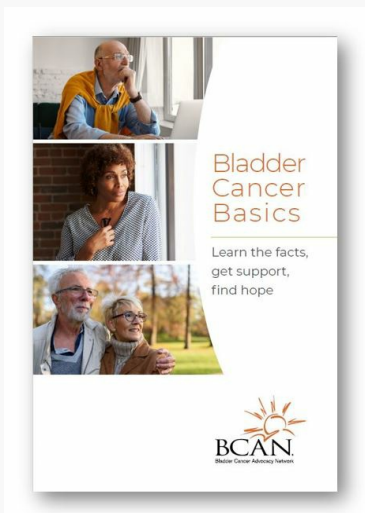
Although she worked in healthcare for 30 years as a genetic counselor, [Melanie](#) was shocked to learn that she had bladder cancer. Her first indication was blood in her urine, but she was an avid cyclist and attributed this to bike riding.



Melanie and her husband

Melanie told BCAN: "When the bleeding occurred again, I made an appointment to see my doctor who ordered a urinalysis, finding [microhematuria](#) (blood in the urine).

"On a Friday evening I received the call that no one wants, saying, 'You apparently have bladder cancer.' All I could think was 'How could I?' The truth was, I did not know anything about bladder cancer. I learned a great deal of genetics, but I chose to ignore learning about the genetics of cancer. I think I was afraid of it."



## Download your free copy of *Bladder Cancer Basics*

BCAN's updated ***Bladder Cancer Basics*** handbook for patients is available, free of charge. This 50+ page handbook helps you learn about diagnosis and treatment options to enable you, with the help of your medical team, to make informed choices about your continued medical care.

Download your copy



## Beacon of Hope Award

As we noted in ***last month's edition*** of the Beacon e-newsletter, the inaugural Beacon of Hope award was presented to Noel Lipman, a 10-year bladder cancer survivor. Noel was nominated by her friend, Dan Miller, who is battling his own bladder cancer diagnosis.

**[Read more about the Beacon of Hope award](#)**



## Calling All BCAN Cheerleaders!

Our ***Walk to End Bladder Cancer*** unites our community and raises critical funds for the fight against bladder cancer.

We are looking for volunteers to help make our 2022 Walks to End Bladder Cancer the best ever.

If you are interested, please send an email to **[walk@bcan.org](mailto:walk@bcan.org)** to learn more about how you can help.



Bladder Cancer Advocacy Network | [www.BCAN.org](http://www.BCAN.org) | Bethesda, MD 20814