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# The Beacon

e-Newsletter of the Bladder Cancer Advocacy Network

BCAN.ORG



***November 2022***

***[Read past editions here](#)***



## **Scott's Story: Track and Field National Champion, Bladder Cancer Survivor**

Scott has always been athletic and even started competing in Masters Track and Field in his 50s. Not only did he compete, he won a number of national championships.

One day, he noticed blood in his urine after a difficult weightlifting work out. That's when his unexpected journey began.

While his first checkup with his doctor came back normal, he knew that something wasn't right. He scheduled an ultrasound that revealed a golf ball size tumor in his bladder. He recently told BCAN, "I was in utter disbelief when I got the news that I had bladder cancer."

**Read Scott's inspiring story  
here**

## **NEW! Weekly Bladder Cancer News and Support**

Beginning January 4, 2023, BCAN will develop and distribute a **weekly e-update called Bladder Cancer Briefs.**

True to its name, this update will contain brief items of interest to the bladder cancer community, including patient stories, research updates, support services and news items.

Signing up is free. Simply click below.



Wednesday, January 4, 2023



#### Research

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[Learn more](#)



#### Support Resources

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[Learn more](#)

Please send me Bladder Cancer Briefs

## Did You Miss the Patient Summit?



BCAN's annual Summit for Patients and Families took place on September 30 and October 1. For the first time, BCAN live-streamed the meeting and recorded the session videos.

If you did not attend the Summit and would like to catch up, [please visit this page](#) to watch the sessions that included:

[Managing the anxiety and fear that can accompany bladder cancer](#)

[Strategies to address sexuality issues after diagnosis and treatment](#)

[New treatments and clinical trials](#)

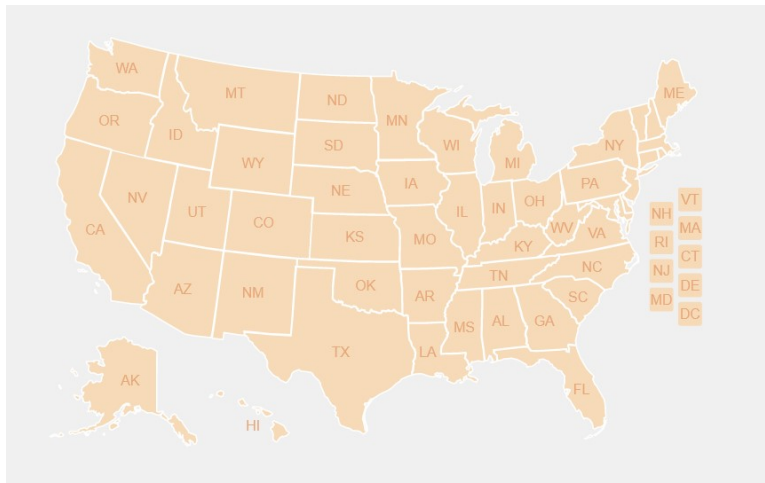
[Fabulous food to help you on your bladder cancer journey \(cooking demonstration\)](#)

[Using healing meditations to help cope with bladder cancer](#)

[BCAN Research Patient Advocacy](#)

Watch Summit session videos

## Find Bladder Cancer Resources in Your Home State



Seven out of 10 bladder cancer patients are treated in community hospitals and patients often look for resources in their home states. BCAN has developed a [comprehensive, online database](#) of state-specific resources designed to help bladder cancer patients find the information and resources they need, including:

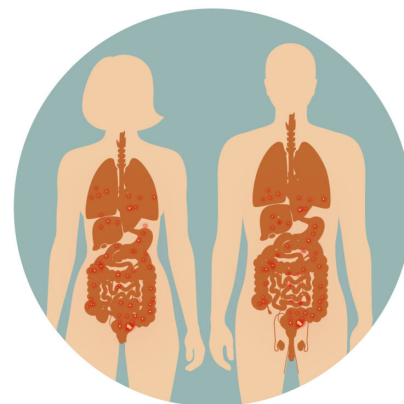
- Statistics about bladder cancer in your state
- Bladder cancer clinical trials
- NCI-designated Comprehensive Cancer Centers
- National Comprehensive Cancer Network member hospitals
- Veterans Administration hospitals
- Links to contact your state's elected representatives
- Links to reach out to your state health department

[Find state resources](#)

## About Advanced Bladder Cancer

While three out of four bladder cancer patients diagnosed have non-muscle invasive disease, for some, their cancer spreads beyond the lining of the bladder and to other parts of the body. This is advanced or metastatic bladder cancer.

BCAN has developed [resources for patients and families](#) who are facing advanced or metastatic disease, including:



- What is Advanced Bladder Cancer? ([printable fact sheet](#) and [video](#))
- How is Advanced Bladder Cancer Treated? ([printable fact sheet](#) and [video](#))

## Upcoming Webinars

### Treatment Talk | Genetics and Bladder Cancer Treatments

November 7th | 6:00 pm ET

[Register now](#)

### Realities of Bladder Cancer in Women

December 8th | 7:00 PM ET

[Register now](#)

### Moving Through Bladder Cancer - How Exercise Impacts Your Treatment and Mental Health

January 11, 2023 at 5:30 pm ET

[Register now](#)

### When Cure Is Not An Option | Managing Difficult Conversations and Treatments at End of Life

January 25th | 5:00 PM ET

[Register now](#)

View past webinars by  
topic

## Video: What is a Cystoscopy?



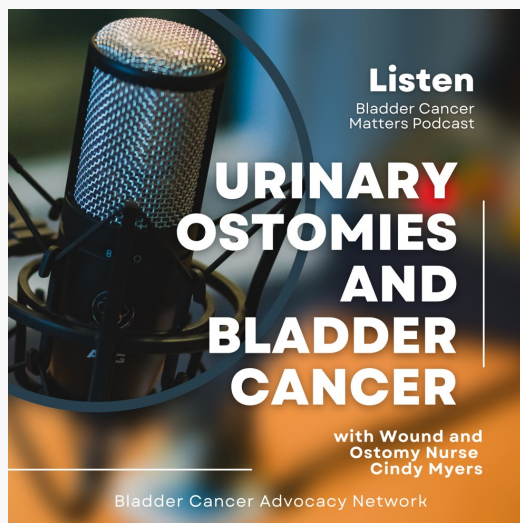
BCAN has a complete video library with educational videos about topics related to bladder cancer. One of these is the video above, which explains what a cystoscopy is and what to expect from the procedure.

We invite you to visit our [comprehensive library of bladder cancer videos](#), including webinars, conversations with medical experts and patients as well as

animated explanations of the disease and how it is treated.

Peruse videos

## New Bladder Cancer Podcasts



BCAN has new podcasts available for the bladder cancer community, including:

[Bladder Cancer and Ostomies with Wound and Ostomy Nurse Cindy Myers](#)

[Palliative Care and Bladder Cancer Patients with Dr. Lee Hugar](#)

Never miss an episode of [Bladder Cancer Matters](#) by subscribing in your favorite podcasting platform.

Find more podcasts

## Hit the Ground Running and Walk With BCAN



It is never too early to get your steps in and walk to end bladder cancer. Our [2023 Walk to End Bladder Cancer registration site](#) is now open. Walks will take place throughout spring 2023 in multiple cities and virtually. We invite you to walk with us to help end bladder cancer.

Join Us



