

► What is Bladder Cancer Survivorship?

A person is considered a cancer survivor from the time of diagnosis through the balance of life. Survivors include those living with cancer and those free of cancer.

Bladder cancer survivorship means receiving patient-focused care. It involves teamwork among different healthcare professionals at every stage of the cancer journey.

Each patient has unique and complex experiences. Survivorship care is not just about test results and follow-up visits, it promotes health and other disease prevention strategies, manages treatment side effects, and supports the emotional well-being of patients and their families.

► Who is involved in bladder cancer survivorship care?

Survivorship care can take a multidisciplinary team approach. This may include a nurse practitioner, physician assistant, or a physician who can refer the patient to other team members as needed.

Other team members may include nurses, social workers, dietitians, financial counselors, mental health providers, etc.

► What is addressed in a cancer survivorship visit?

- Results of **medical tests** such as blood work and urine studies, scans (e.g., x-rays, CT, MRI), and other things ordered by your healthcare provider
- Management of ongoing, late, or long term **side effects** from treatment

- Addressing **emotional and psychological** concerns
- Identifying **barriers to receiving care**
- **Health promotion and other disease prevention**, including healthy behaviors (e.g., exercise, nutrition, sleep, substance use, vaccinations, schedule of other cancer screening, etc.)

► Examples of patient reported concerns related to survivorship:

PHYSICAL

- Living with side effects from cancer treatment
- Pain management
- Appearance/body image
- Change in sexual health
- Incontinence

EMOTIONAL

- Uncertainty related to the future, recurrence, follow-up appointments
- Anxiety, depression, and other emotions
- Grief
- Relationship changes
- Sharing your cancer journey with family, friends, and co-workers
- “Scanxiety” – worry about upcoming scans that check for bladder cancer recurrence

SPIRITUAL

- The role of faith/spirituality in treatment
- Mindfulness
- Meditation

FINANCIAL

- Paying for follow up visits/medical supplies
- Outstanding bills
- Working during and/or after treatment
- Transportation costs, such as gas, parking, etc.



ASK YOUR HEALTHCARE TEAM

- *Do you have a Bladder Cancer Survivorship Clinic?*
- *Who will be part of my survivorship care team?*
- *What resources are available to me to address survivorship related concerns?*
- *When will I get my Survivorship Care Plan?*
- *How are survivorship needs managed if I have advanced cancer?*
- *What are the best ways to contact my care team?*
- *Is survivorship care covered by my insurance? Is there a charge for support services?*

TERMS TO KNOW

- **Survivorship Care Plan (SCP):** A record of a patient's cancer history and treatment, including follow-up care and tests, and recommendations for healthy living
- **Long-term treatment or disease effects:** Issues that can last years or months after treatment has ended
- **Late effects:** Treatment related issues that occur months or years after treatment ends
- **Health promotion:** The process of enabling people to increase control over and improve their health
- **Disease prevention:** Focuses on specific efforts to reduce the development and severity of illness, injury, and early death

RESOURCES

- The National Coalition for Cancer Survivorship
canceradvocacy.org
- The National Cancer Institute Office of Cancer Survivorship
cancercontrol.cancer.gov/ocs
- CancerCare
www.cancercare.org
- Triage Cancer
TriageCancer.org

The Bladder Cancer Advocacy Network (BCAN)

BCAN's mission is to increase public awareness about bladder cancer, advance bladder cancer research, and provide educational and support services for the bladder cancer community.



www.bcan.org



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