

September 3, 2024

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Melanie's Story: "I keep telling myself, it's nothing I did to cause this, it just happened."

While only a few weeks pregnant, Melanie Weisman noticed unusual urinary symptoms. Despite being initially dismissed as a UTI, she persisted because she felt something was wrong. After visible blood in her urine and severe back pain, an ultrasound revealed a mass in her bladder: it was a tumor. This experience underscored the importance of advocating for one's health and trusting your instincts.

[Read Melanie's story](#)

Podcasts for the Bladder Cancer Community

BLADDER CANCER MATTERS PODCAST

PRESENTED BY BCAN
BLADDER CANCER ADVOCACY NETWORK

BCAN's Bladder Cancer Matters podcast is in its fourth season with more than 70 fascinating episodes. Below are some of the most popular:

- [The Pluses and Minuses of Cystoscopies, TURBT and Other Diagnostic Tools](#)
- [How Patients Can Navigate the BCG Shortage with Dr. Robert Svatek](#)
- ["I Think I am Probably the Happiest Ileal Conduit Person in the World" with Vicki S.](#)

Don't forget to subscribe so you never miss an episode!

Fall Summit: Be in a Room Where Everyone Truly Understands

Are you or a loved one navigating the challenges of a bladder cancer diagnosis? The journey can often feel isolating, but you don't have to face it alone. The Bladder Cancer Advocacy Network (BCAN) is offering a safe space where patients, survivors, and caregivers can **connect with others who truly understand** what you are going through.



We warmly invite you to our upcoming [Bladder Cancer Summit for Patients and Families](#), taking place in Philadelphia, PA, on **Friday, November 1st, and Saturday, November 2nd, 2024**. This two-day event offers more than just education; it's a powerful chance to share your story, hear from others, and connect with a community that truly understands your journey.

[Learn more and register](#)

Share Your Story

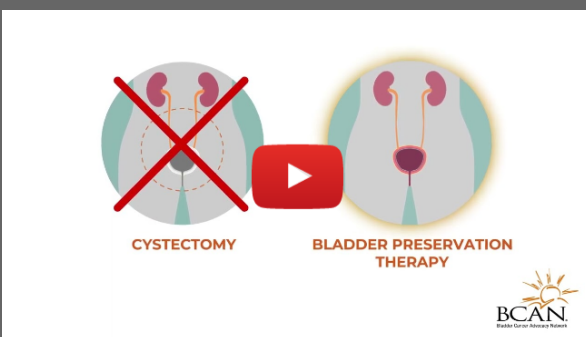


Share your or a loved one's bladder cancer journey with BCAN's [My Bladder Cancer Story campaign](#). Whether you're a patient, survivor, caregiver, or have lost a loved one to bladder cancer, your experience can inspire and support others. Your story may be featured on BCAN's platforms, including social media, newsletters, and our website.

We'll always consult with you before sharing any personal details. Join us in making a difference—submit your story today!

[Share now](#)

What is a Bladder Preservation?



Modern therapies aim to eradicate cancer while preserving the affected organ and ensuring a good quality of life. For bladder cancer, Tri-Modality Therapy (TMT) involves tumor resection, followed by combined radiation and chemotherapy, offering similar cure rates to cystectomy while maintaining bladder function, especially in patients who wish to avoid surgery or are not fit for it.

[Show me more animated videos](#)

Bladder Cancer Webinars

What: **Movement: A Tool to Optimize Your Bladder Cancer Journey Webinar**

When: September 24, 2024 at 5:00 pm ET

[Register here](#)

From enhanced physical function to improved sleep, the profound benefits of regular exercise and physical activity are undeniable. For bladder cancer patients, staying active during and after bladder cancer treatment can impact treatment outcomes and overall well-being. Join BCAN and Kirstie Pomaranski, Certified Personal Trainer, Cancer Exercise Specialist, from the Inova Schar Cancer Institute, for an insightful session.

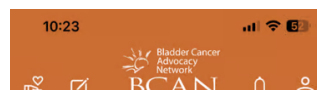
What: **Walking Through a New Bladder Cancer Diagnosis**

When: November 7, 2024 at 4:00 pm ET

[Register here](#)

Bladder cancer affects over 80,000 Americans each year, with about 75% diagnosed with non-muscle invasive bladder cancer (NMIBC). If you or a loved one has recently been diagnosed, join Dr. Ava Saidian, a board-certified urologic oncologist, for an informative webinar. She will guide you through your first year with NMIBC, covering essential topics like understanding risk factors, recognizing symptoms, and navigating treatment options. Empower yourself with the knowledge and resources needed to take control of your bladder cancer journey.

FREE RESOURCES FOR OUR COMMUNITY





Nutrition and Bladder Cancer

Balanced nutrition is crucial for bladder cancer prevention, treatment, and survivorship, offering benefits for everyone, especially those undergoing treatment.

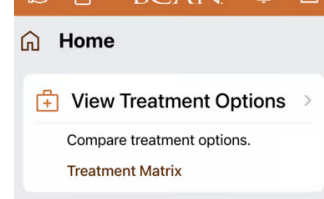
[Learn more »](#)



Support Groups

BCAN offers a list of virtual, in-person, and hybrid support groups for those affected by bladder cancer.

[Join now »](#)



Bladder Cancer App

BCAN developed an app for bladder cancer patients and families to help navigate diagnosis and treatment.

[Learn about the app »](#)

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