Bladder Cancer - After Treatment

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After Treatment

After treatment for bladder cancer ends, talk with your doctor about developing a follow-up care plan. This plan may include regular physical examinations and/or medical tests to monitor your recovery for the coming months and years. ASCO offers cancer treatment summary forms [2] to help keep track of the cancer treatment you received and develop a survivorship care plan once treatment is complete.

For bladder cancer, follow-up care typically includes a general physical examination, cystoscopy, urine cytology, x-rays, and routine blood tests to make sure the bladder is working well and to check for any signs that the cancer has come back. Tell your doctor about any new symptoms, such as pain during urination, blood in the urine, frequent urination, or an immediate need to urinate. These symptoms may be signs that the cancer has come back or signs of another medical condition.

For patients with a urinary diversion, follow-up care may include checking for infection with urine tests, checking and fixing problems with controlling urination, checking for recurrent cancer in the upper urinary tract, and checking for changes in kidney function with blood tests and x-rays.

People recovering from bladder cancer are encouraged to follow established guidelines for good health, such as maintaining a healthy weight, not smoking, eating a balanced diet, and having recommended cancer screening tests. Talk with your doctor to develop a plan that is best for your needs. Moderate physical activity can help rebuild your strength and energy level. Your doctor can help you create an appropriate exercise plan based upon your needs, physical abilities, and fitness level. Learn more about the next steps to take in survivorship [3], including making positive lifestyle changes [4].

Find out more about common terms used after cancer treatment is complete [5].

Links:
[1] http://www.cancer.net/about-us
[2] http://www.cancer.net/node/25394
[3] http://www.cancer.net/node/22
[4] http://www.cancer.net/node/24583
[5] http://www.cancer.net/node/25380