



**Have you seen blood in
your pee, even once?**

Then it is time to tell your doctor.

EasyRead version

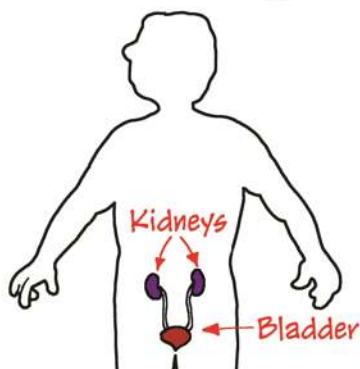
**BE CLEAR
ON CANCER**



This leaflet tells you about bladder and kidney cancer.



If you have seen blood in your pee then you need to tell your doctor.



It might not be anything serious, but there is a chance that it could be a sign of bladder and kidney cancer.

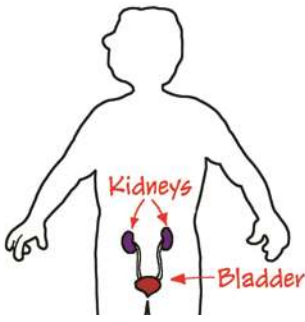


This is an EasyRead version of another leaflet about bladder and kidney cancer.



You may like to have someone to support you when you look at this leaflet.

What is bladder and kidney cancer?



Bladder and kidney cancer are serious illnesses. One of the signs of both types of cancer is blood in your pee.



More men than women get kidney and bladder cancer. Most people who get it are usually over 50.

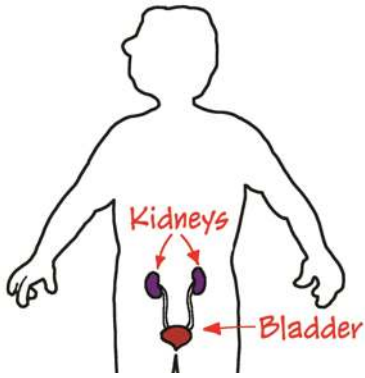


People who have worked with rubber, dyes and other chemicals have a bigger risk of getting bladder and kidney cancer.



If you have bladder and kidney cancer, finding out quickly means it is easier to treat and can save your life.

How to spot it



Blood in your pee could be a sign of bladder and kidney cancer.



The blood in your pee might be bright red. It could also be a pink or brown colour.



There could be a lot of blood. Or there could be just specks of blood.



You need to see your doctor straight away if you see any unexpected blood in your pee.



You also need to see your doctor if:



- You have a pain in your back and under your ribs that doesn't go away



- You have a lump in your stomach



- It hurts to pee



- You need to pee very often or very suddenly.



If you know anyone else who has any of these signs, get them to see their doctor.

Why do you need to see your doctor?



If you have blood in your pee it will probably not be anything serious, but it is best to get it checked out.



It could be that you have an infection which means you need to see your doctor.



If you have not got a doctor, you can find one near you on our website:

www.nhs.uk/bloodinpee

Seeing your doctor early could save your life



A few years ago Pat saw blood in his pee. It didn't hurt so he wasn't going to do anything about it.

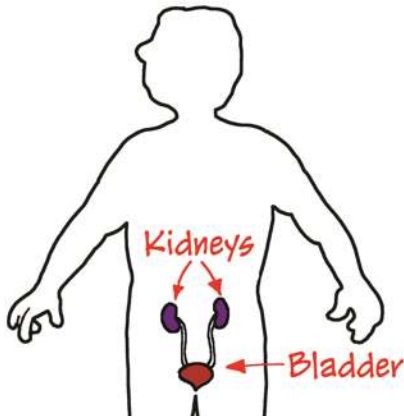
But he told his wife who said he should see his doctor straight away.



He was glad he did because they found out he had kidney cancer.

He had treatment and got better. Pat says "I still work and I'm even writing a new book."

Keeping well



There are things you can do to give you the best chance of not getting bladder and kidney cancer.

Stop smoking

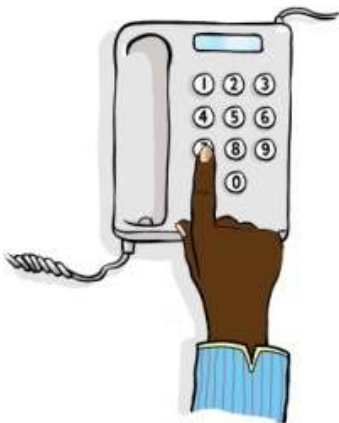


It is never too late to stop smoking. It might stop you getting kidney or bladder cancer and will make you healthier.



You can get lots of help to stop smoking. Go to the website:

www.smokefree.nhs.uk



Or call:

0800 169 0169

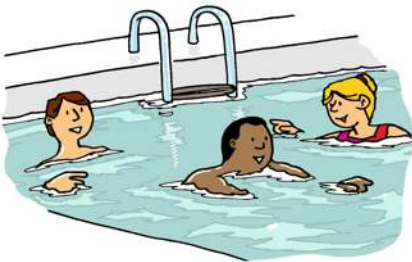
Look after yourself



Stay a healthy weight and keep active.
The more you do, the better. Try:



- walking



- swimming

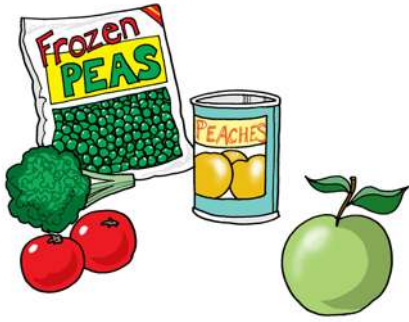


- cycling



- dancing.

Eat well



- Eat more fruit and veg – your 5-a-day.



- And more fish and wholegrain foods.



- Eat less fattening food, like cakes and pastries.



- Eat less meat, like burgers, sausages, bacon and ham.



If you want to find out more please go to our website:

www.nhs.uk/bloodinpee

Produced by Williams Lea,
BDS Communications and
Inspired Services Publishing
for Public Health England

© Crown copyright 2013