

BLADDER CANCER

What are some of the **RISK FACTORS** for bladder cancer?

- Some risk factors for bladder cancer cannot be changed – these include being **male**, of **Caucasian** race, getting **older**, and having a **personal or family history** of bladder cancer and **chronic bladder infection**
 - However, many of the most important risk factors are:

Did you know?

- Bladder cancer rates are **3 times higher in males** compared to females

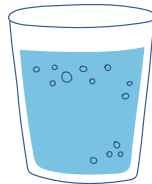


- Tobacco smoking is the **most important risk** factor for bladder cancer, and accounts for around half of all bladder cancer cases
- People who smoke heavily, from a young age and for a long time are **4 times more likely** to develop bladder cancer

Things you can change!



Tobacco
smoking



Arsenic in
drinking water



Insufficient
fluid intake



Occupational
exposure

Did you know?

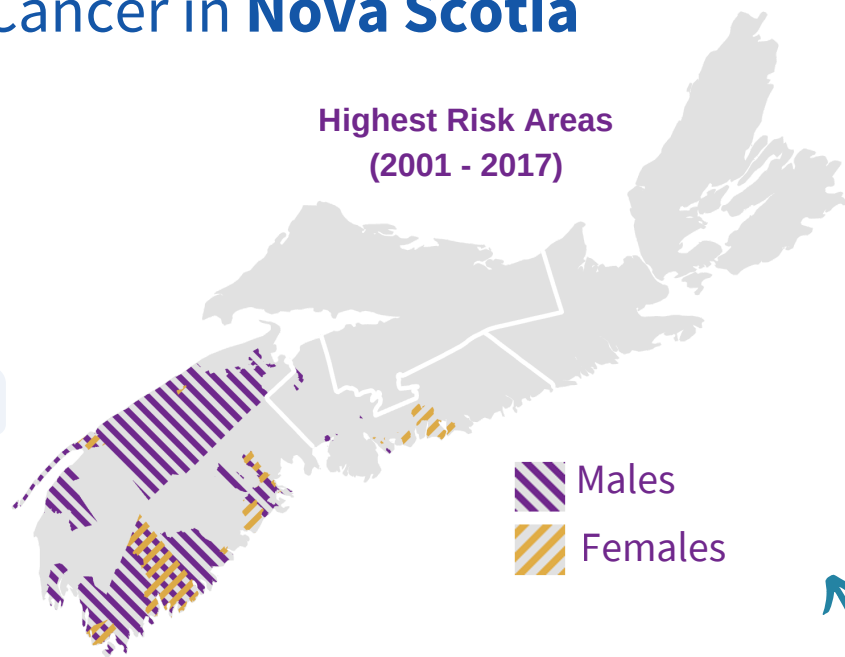
- Nova Scotia has one of the **highest rates** of bladder cancer in Canada
- High risk areas largely fall in **southwest Nova Scotia** where high levels of **arsenic** in wells are common due to the local **geology**

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Bladder cancer is the **5th most common** cancer in Nova Scotia

Bladder Cancer in Nova Scotia

Highest Risk Areas
(2001 - 2017)



Males
 Females

About **42%** of Nova Scotians drink water from unregulated private wells

42%

1 in 5 Nova Scotian well users are exposed to arsenic exceeding safe limits



Number of Nova Scotian well users potentially **exposed** to arsenic exceeding safe limits

= 90,000

- Bladder cancer occurs throughout Nova Scotia. However, a **persistently higher rate** is seen in males in Annapolis and Shelburne and in parts of Kings, Digby, Yarmouth, Queens, Lunenburg, Hants and Halifax counties. In females, persistently higher rates are seen in parts of Shelburne, Lunenburg, Halifax, Digby and Queens counties.
- About **4,000** cases of bladder cancer are expected to be diagnosed in Nova Scotia in the next 10 years. **75%** of the projected cases will be diagnosed in **males**

REDUCE your risk of bladder cancer



Test, review the results, and if needed, **treat** your well water to keep it safe



Do not smoke. If you smoke, **try to stop**



Limit exposure to **chemicals** at work



Seek **treatment** for bladder infections



Promote **bladder health** e.g. drink water often, eat fruits and vegetables

Got Questions?



Well water testing

1-877-936-8476

<https://novascotia.ca/well-water-testing/>



Help to quit smoking

<https://tobaccofree.novascotia.ca>

CALL 811

(The Tobacco Free Nova Scotia Quit Line)