

# Bladder Cancer: Newly Diagnosed



Being told you have bladder cancer can be scary, and you may have many questions. But you have people on your healthcare team to help.

## Coping with fear

It's normal to feel afraid. Learning about your cancer and about the treatment options you have can make you feel less afraid. This also helps you work with your healthcare team and make the best choices for your treatment. You can also ask to speak with a counselor any time you need extra help and support.

## Working with your healthcare team

Your healthcare team will likely include:

- **Urologist.** This is a doctor who treats diseases of organs of the urinary system. This includes the bladder.
- **Medical oncologist.** This is a doctor who specializes in treating cancer with medicines.
- **Radiation oncologist.** This is a doctor who specializes in treating cancer with radiation.

You will have other healthcare providers on your team. These will include nurses and social workers. Your team will answer any questions you may have. They'll help you through each of the steps you'll take before, during, and after treatment. Your team will let you know what tests you need and the results of those tests. They'll guide you in making treatment decisions and help prepare you and your loved ones for what's ahead.

## Learning about treatment options

To decide the best course of treatment for you, your healthcare team needs to know as much as they can about you and your cancer. This may include getting tests and working with more than one healthcare provider. You may decide that you want to get a second opinion to help you choose a treatment. Your healthcare team can help you do this.

## Getting support

Coping with cancer can be very stressful. Talk with your healthcare team about seeing a counselor. They can refer you to someone who can help. You can also visit support groups in person or online to talk with other people coping with cancer. Ask your healthcare team about local support groups.

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