

ALLIANCE LENZ

Bladder Cancer Awareness Month
May 2026



What is bladder cancer?

Bladder cancer is a type of cancer that starts when cells in the bladder (the organ that holds urine) begin to grow out of control. It usually begins in the inner lining of the bladder and can spread to other parts of the body if not treated.

[Learn more](#)

Did you know?

Women are often diagnosed later
Women with bladder cancer may face more serious disease because diagnosis often happens later than in men, or symptoms may be mistaken for other conditions. In Canada, about 31,000 women were expected to be affected in 2025. If you notice symptoms like blood in urine, frequent urination, burning, pelvic pain, or fatigue, don't ignore them and speak to a healthcare provider.



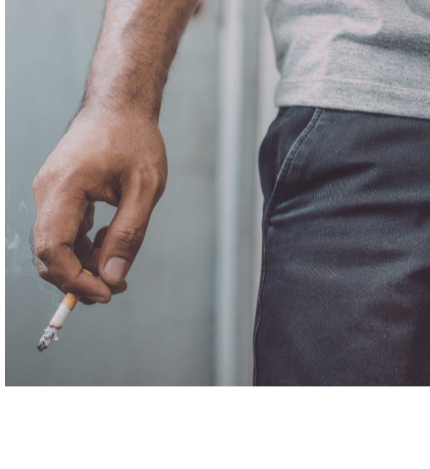
[Learn more](#)



Work environments can increase risk
People exposed to paints, dyes, metals, or petroleum products such as painters and industrial workers may have a higher risk of bladder cancer. Over time, these substances can affect bladder cells. Understanding workplace exposure can support early awareness, prevention, and care.

[Learn more](#)

Smoking can also increase the risk
Smoking is the leading cause of lung cancer and a major risk factor for bladder cancer. In Canada, smokers have about twice the risk of bladder cancer compared to non-smokers. Other risk factors include age, workplace chemical exposure, certain infections, and prior chemotherapy or radiation. Some risks cannot be changed, but awareness and quitting smoking can reduce risk.



[Learn more](#)

Simple Habits to Keep Your Bladder Healthy



Don't smoke or quit smoking
Avoid smoking and secondhand smoke to lower bladder cancer risk

Hydrate consistently
Drink water often in small amounts, about 2000 ml daily for adults



Fill your plate with colour
Eat more fruits, vegetables, and whole grains, and limit processed foods

Be aware of chemical exposure
Reduce exposure to dyes, paints, and strong household chemicals in daily life

A Survivor's Story

Holding On to Hope:
Yaw Emmanuel's Journey
In 2022, Yaw Emmanuel, a 39 year old father of two from Ghana, was diagnosed with bladder cancer after noticing blood in his urine. As his health declined, he was forced to stop treatment and close his shop, leaving his family without income. With support from ACCE's donors, he resumed chemotherapy and radiotherapy and is now slowly regaining his strength and hope for the future.



[Read Yaw's full story](#)

Word Puzzle



Find the hidden bladder cancer words

C Y O B U R N I N G I
Y K H A Z R F B Q W N
S V I R J B V J A B F
T C P A E Q S C R D E
O L S B S D S B Z R C
S B L O O D D C Q J T
C K B L O C K A G E I
O D S P D Z D Q L V O
P C F A A I O O U B N
Y J M N E I A B P V D
Z H F U R I N E E F D

- Bladder
- Burning
- Pain
- Urine
- Blood
- Infection
- Blockage
- Cystoscopy

[Play here!](#)

