Bladder cancer affects many aspects of life

**Urothelial bladder cancer (UBC)** is by far the most common type of bladder cancer and it can impact many aspects of your life.

- **Nearly 20,000 women in the United States will be diagnosed with bladder cancer in 2023.**
- **About 8 in 10 people will survive bladder cancer for at least 5 years.**

**Mental health**

Bladder cancer treatment can involve surgery that leaves you with little to no bladder or bowel control. This loss of control may make you feel embarrassed or insecure.

- Depression is common in people with bladder cancer. Studies show that around 8 out of 10 people with bladder cancer have post-treatment depression.

**Relationships**

If you’ve had bladder cancer, it might be hard for you to open up about what you’re going through.

- Some treatments for bladder cancer can cause short- and long-term problems with sex, including pain, trouble with lubrication and difficulty reaching orgasm.

**Work**

Bladder cancer treatment can keep you from being able to work or cause you to miss a lot of work.

- Feeling self-conscious about body changes or a urostomy can cause you to pull away from your partner or be afraid of engaging with a new one.

**Nutrition**

Some treatments for bladder cancer may affect your sense of taste or how much you want to eat.

- Surgery to treat bladder cancer can affect bowel function and change what you can eat.

**Other health problems**

- **If you have other health issues, they can affect how well you recover from treatment.**

**Tips for coping after bladder cancer**

- **Be kind to yourself.** Give yourself time to adjust to the ways your body and life have changed.

- **Feel your feelings.** Know that anything you’re feeling, from grief about losing your pre-cancer way of life to anxiety about your cancer coming back, is totally normal and OK.

- **Get whole-person care.** A holistic post-treatment care plan that addresses all aspects of health can help your recovery go more smoothly.

- **Seek support.** Connect with a support group (online or in person) for people living with bladder cancer. They can help you navigate the ups and downs of your experience and help you feel — physically and emotionally.