

**BLADDER CANCER AWARENESS MONTH**

Copyable and shareable posts to use throughout Bladder Cancer Awareness Month.

| **Post** | **Instagram Graphic** |
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| Bladder cancer affects thousands of people every year, yet many still think it’s uncommon. The reality? It’s one of the **10 most common cancers in the UK**. Know the signs. <https://actionbladdercanceruk.org/symptoms/> #BladderCancerAwarenessMonth |  |
| 🩸 Blood in your urine, 🚽a persistent or recurrent, urgent or frequent need to go to the loo,⚡ pelvic pain or discomfort could all be signs of #BladderCancer. If you notice symptoms, don’t wait: **see your GP for advice.** Find out more: <https://actionbladdercanceruk.org/symptoms/> #BladderCancerAwarenessMonth |  |
| The most common symptom of #BladderCancer is blood in your urine (even just once). It’s usually bright red, but sometimes rusty or dark brown. You may also see blood clots. Find out more: <https://actionbladdercanceruk.org/symptoms/> #BladderCancerAwarenessMonth |  |
| Experiencing pain or discomfort while passing urine? Feeling a persistent or recurrent, frequent or urgent need to use the loo? These could be signs of #BladderCancer. Don't ignore them - visit your GP for advice. Learn more: <https://actionbladdercanceruk.org/symptoms/> #BladderCancerAwarenessMonth |  |
| One patient described having a nagging intermittent pain in his lower back. Pelvic pain or discomfort could be a sign of #BladderCancer. If something doesn’t feel right, see your doctor. Find out more: <https://actionbladdercanceruk.org/symptoms/> #BladderCancerAwarenessMonth |  |
| #BladderCancer is **often diagnosed** **late** leading to more difficult treatments and potentially poorer outcomes. Being aware of the symptoms could make all the difference. Find out more: <https://actionbladdercanceruk.org/symptoms/> #BladderCancerAwarenessMonth |  |
| #BladderCancer symptoms can be mistaken for UTIs or gynaecological issues, especially in women. If your GP diagnoses a UTI after spotting blood in your urine, ask if the urine test did confirm an infection or if more tests are needed to rule out bladder cancer. Find out more : <https://actionbladdercanceruk.org/about-bladder-cancer/> #BladderCancerAwarenessMonth |  |