



WORRIED ABOUT BLOOD IN YOUR URINE?

Patient Information

Blood in your urine?

Blood in your urine or hematuria is the most common symptom of bladder cancer and should be taken seriously. About 4 in every 5 people with bladder cancer will experience hematuria as the first sign. If you do see blood, it's recommended you speak with your Doctor as soon as possible.

- If you have hematuria, you are not alone. Up to 1 in every 5 people may have hematuria from time to time.
- If blood is present in your urine, you may be able to see it (macrohematuria) or it may be invisible (microhematuria).
- Microhematuria is found by a urine dipstick test.
- Alternatively, a doctor may look at a sample of your urine through a microscope.
- Hematuria may or may not be associated with pain.

Blood in urine is a common sign of bladder cancer, but it also has many other possible causes. Some foods, drugs and other factors may cause your urine to be red. In these cases, you do not need to be alarmed, but you should verify the specific cause or speak to a doctor. Common factors that can cause urine to be red include:

- **Food:** Certain foods like beetroot, blackberries, blueberries and rhubarb can turn urine red or pink.
- **Medication:** Some medications can cause the discolouration of urine.
- Other factors include monthly periods (in women), sexual activity, trauma, urinary tract infection, vigorous exercise and viral illness.



Other bladder cancer symptoms you may experience include:

- An increase in frequency or difficulty in urinating
- An increase in the feeling of urgency to urinate
- Pain when urinating
- Abdominal pain
- Lower back pain
- Fatigue
- Loss of appetite and/or weight loss

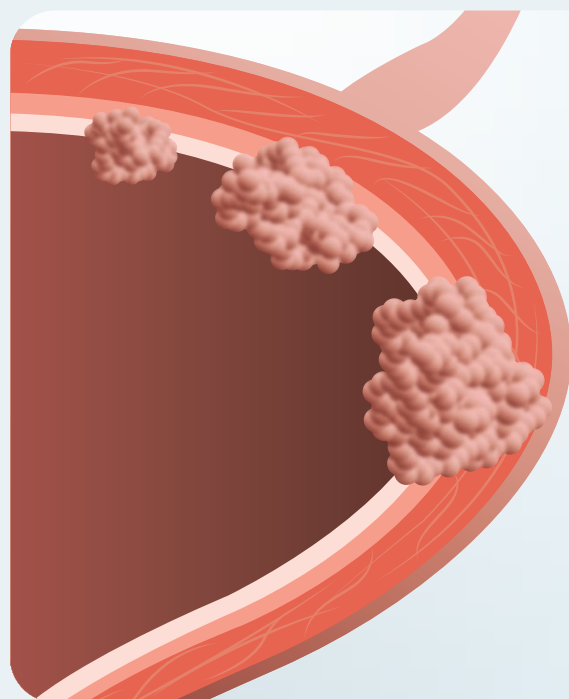
Just because you have these symptoms, doesn't necessarily mean you have bladder cancer. It's important you discuss them with your Doctor if they persist though.

What is bladder cancer?

Bladder cancer develops when cells in the bladder begin to grow abnormally. It often starts in the lining of the bladder then grows deeper, penetrating the surrounding tissue and muscle. In advanced cases, the cancer may spread (or metastasize) to other parts of the body.

Bladder cancer facts

- Worldwide, bladder cancer is the tenth most common cancer.
- It is 4 times more common in men than women.
- It usually affects older adults, but can occur at any age.
- It is most common in men aged 55+ years.



Bladder cancer has a high chance of coming back

- Most bladder cancers are diagnosed at an early stage when they are highly treatable, however even early stage cancers have a high recurrence rate.
- Patients who survive bladder cancer require ongoing check-ups for many years after their first treatment.

Risk factors for bladder cancer

Gender: Bladder cancer occurs in both men and women, but the likelihood is 4 times greater in men than women. Delayed detection, however, does mean women are often diagnosed at a later stage.

Age: Bladder cancer is more prevalent in those aged 55+ years.

Smoking history: About half of all people with bladder cancer are current smokers or ex-smokers. The risk is 4-times greater in current smokers, and 2-times greater in ex-smokers, than in non-smokers.

Exposure to chemicals in the workplace: The risk of bladder cancer can increase in jobs with long-term exposure to harmful chemicals, such as:

- Boot and shoe manufacture and repair
- Firefighting
- Foundry work
- Hairdressing
- Machining and metal work
- Painting
- Petroleum refining
- Plastic and rubber industry
- Printing industry
- Rail and heavy road transport
- Road paving
- Textile industry
- Vehicle maintenance and repair

How is bladder cancer detected?

If detected at an early stage, bladder cancer can usually be treated successfully. If your Doctor thinks you might have bladder cancer, he or she may use one or more of the following tests:

- **Physical examination and medical history:** A risk assessment based on current symptoms, medical history and risk factors.
- **Urinalysis:** Checks for the presence of blood or cancer cells in your urine.
- **Cystoscopy:** A long, thin, flexible, lighted tube called a cystoscope is inserted through the urethra and used to view the inner wall of your bladder. A tissue sample (biopsy) may be taken during the procedure and looked at under a microscope.
- **Ultrasound:** A scanning test that uses a microphone to bounce sound waves off body structures to produce an image. Checks for masses and blockages in the tubes connecting your kidneys and bladder.
- **CT scan:** Uses x-rays to create cross-sectional images of your bladder, urinary tract, abdomen and pelvis.
- **Genomic urine test:** Cutting edge tests like Cxbladder work at the molecular level, measuring the presence of biomarker genes to quickly and accurately detect or rule out the presence of bladder cancer.

What is Cxbladder?

Cxbladder is a urine-based genomic biomarker test optimized for the detection and surveillance of bladder cancer. It includes three test variations, each designed for a specific role in patient care.

- **Triage:** Incorporates known bladder cancer risk factors to help rule out the disease in patients presenting with hematuria, reducing the need for further invasive procedures.
- **Detect:** Resolves uncertainty when other tests and procedures are inconclusive.
- **Monitor:** A non-invasive surveillance alternative that can reduce the frequency of cystoscopy in suitable patients.



Why choose Cxbladder?

- Non-invasive and painless
- Proven. Covered by Medicare and clinically validated in over 20 peer reviewed publications. Cxbladder has been used by over 4,400 urologists in more than 100,000 patients.
- Discrete and easy-to-use
- Quick
- In-home sampling

When should you use Cxbladder?

- When you've seen blood in your urine
- If tests reveal you have blood in your urine
- When being monitored for recurrent bladder cancer

How do I get the Cxbladder test?

Your Doctor is best placed to make a recommendation, so ask whether Cxbladder is right for you. You can also call or email us using the contact details on the back cover of this booklet.

Please note that Cxbladder in-home sample collection is available in both New Zealand and the US. For more information, please contact our Customer Care Team.



PACIFIC EDGE DIAGNOSTICS

To learn more about Cxbladder, talk to your doctor or visit us at **www.cxbladder.com**



US: 1-855-CXBLADR (1-855-292-5237)
NZ: 0800-CXBLADR (0800-292-5237)
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Cxbladder is a laboratory developed test for the detection of bladder and other urinary tract cancers and is only to be used under the guidance of a healthcare professional. Your doctor will use the results provided by this test along with other clinical information to make decisions about your medical care.

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