**URINARY TRACT ANATOMY**

**TUMOUR STAGING**

Staging describes how far the cancer has spread. Your care and prognosis depend, to a large extent, on the cancer’s stage. The TMN system describes three key pieces of information:

- **T**: Depth of the main tumour.
- **N**: Degree of spread to nearby lymph nodes (collections of immune system cells). If abnormally enlarged, lymph nodes may be infiltrated with tumour cells.
- **M**: Whether cancer spread to other parts of the body.

Numbers or letters appearing after T, N and M provide more details about each of these factors. The numbers 0 through 4 indicate increasing severity. The letter X means “cannot be assessed”.

Once the TNM categories have been determined, this information is combined to assign an overall stage.

**YOUR DIAGNOSIS**

You have **Non Muscle-Invasive** bladder cancer. This means that your tumours have not invaded the muscle of the bladder.

**TESTS ORDERED** (NOT ALL MAY APPLY)

- Urine cytology
- Cystoscopy
- TURBT (Transurethral resection of the bladder tumour)
- CT or MRI scans
- Ultrasound
- Other: ________________________

**BLADDER CANCER STAGES**

- Tis – Carcinoma in situ
- Ta, T1, T2, T3

**NON MUSCLE-INVASIVE TREATMENT OPTIONS**

- Follow up cystoscopy
- Intravesical BCG Treatment: BCG is a weakened bacteria that stimulates immune responses against cancer cells.
- Intravesical Chemotherapy Treatment: Mitomycin C, which you may have received after the TURBT, will be continued. Similar drug treatments include epirubicin and gemcitabine.
- Additional TURBT Procedures: Follow-up cystoscopy may discover new tumours growing within the bladder. Additional TURBT and drug instillations in the bladder may be done if these tumours continue to recur.
- Maintenance Intravesical BCG or Chemotherapy: May be required after additional treatment.
- Clinical Trials: Research studies that test how well new medical approaches work. Discuss with your medical team about these options.
- Other Treatments:

**NOTES**

Please refer to Bladder Cancer Canada’s Guidebook on Non Muscle-Invasive Bladder Cancer for more information.

**PHYSICIAN CONTACT INFO**

Contact us for more information.
- www.bladdercancercanada.org
- info@bladdercancercanada.org
- 1-866-674-8889

Follow us:
- /BladderCancerCanada
- /BladderCancerCA
- /BladderCancerCanada
You have **Muscle-Invasive** bladder cancer. This means that your tumours have grown into or through your bladder muscle.

### TUMOUR STAGING

Staging describes how far the cancer has spread. Your care and prognosis depend, to a large extent, on the cancer’s stage. The TMN system describes three key pieces of information:

- **T** Depth of the main tumour.
- **N** Degree of spread to nearby lymph nodes (collections of immune system cells). If abnormally enlarged, lymph nodes may be infiltrated with tumour cells.
- **M** Whether cancer spread to other parts of the body.

Numbers or letters appearing after T, N and M provide more details about each of these factors. The numbers 0 through 4 indicate increasing severity. The letter X means “cannot be assessed”.

Once the TNM categories have been determined, this information is combined to assign an overall stage.

### DIVERSION TYPES

Once the bladder is removed through radical cystectomy, a new way for urine to drain from the kidneys to outside the body is necessary.

- **ILEAL CONDUIT (OSTOMY)**
  Short segment of ileum creates channel for urine to pass through.

- **ORTHOTOPIC NEOBLADDER**
  “New” bladder in same place made from a segment of small intestine.

- **INDIANA POUCH**
  Segment of large intestine and ileum to create internal pouch for urine.

### METASTATIC DISEASE

If your cancer has spread to other areas, you may require other treatment options to best handle your disease.

### CLINICAL TRIALS

Research studies that test how well new medical approaches work. Discuss with your medical team about these options.

### OTHER TREATMENTS:

Refer to Bladder Cancer Canada’s Guidebooks on Radical Cystectomy, Bladder Preservation or Metastatic Disease for more information.

### PHYSICIAN CONTACT INFO

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Contact us for more information.

- [www.bladdercancercanada.org](http://www.bladdercancercanada.org)
- [info@bladdercancercanada.org](mailto:info@bladdercancercanada.org)
- [1-866-674-8889](tel:1-866-674-8889)

Follow us:

- [BladderCancerCanada](https://www.facebook.com/BladderCancerCanada)
- [BladderCancerCA](https://twitter.com/BladderCancerCA)
- [BladderCancerCanada](https://www.instagram.com/BladderCancerCanada)