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# Blood in Pee

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If you notice blood in your pee, even if it's 'just the once', tell your doctor.

Around 17,000 people in England are diagnosed with bladder or kidney cancer each year. Both cancers affect men and women, although they are more common in men. Most people diagnosed with bladder and kidney cancers are over 50.

## How to spot it

Blood in your pee is a key symptom of both types of cancer. Other bladder cancer symptoms include:

- Cystitis (a urinary tract infection) that is difficult to treat or comes back quickly after treatment
- Pain when peeing

Other kidney cancer symptoms include:

- A pain in the side, below the ribs, that doesn't go away
- Weight loss

If you notice any of these symptoms, you should visit your doctor straight away. Early detection makes it easier to treat. Seeing your doctor early could save your life.

## Reduce your risk

4 in 10 cases of cancer could be prevented by lifestyle changes, including:

- Stop smoking
- Maintain a healthy weight and keep active
- Cut down on alcohol

For more information on bladder and kidney cancer, visit the [NHS website](#).

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