

## Advanced Bladder Cancer: First-Line and Maintenance Treatment

### Treating Advanced Bladder Cancer

Advanced bladder cancer is cancer that has spread beyond your bladder. The goals of treatment are to shrink tumors (groups of cancer cells), slow cancer growth and spread, and help you have the best quality of life possible.

Which treatment your doctor recommends will depend on your cancer stage and where it has spread to (metastasized), prior treatment and how well it worked, and your overall health and preferences. No one treatment is for everyone, so you and your doctor will make a plan together that best fits your goals and individual needs.

### Treatment Options

Treatments for advanced bladder cancer that may be used, alone or in combination, can include chemotherapy ("chemo"), immunotherapy, targeted therapy, chemoradiation, supportive or palliative care, or joining a clinical trial.



The first treatment used is called first-line. Depending on which treatment you get and how well it works, your doctor may recommend maintenance treatment next. Maintenance treatment helps keep cancer from coming back after it has disappeared or is stable after first-line treatment. If first-line treatment doesn't work or stops working and cancer progresses, your doctor may recommend a next treatment called second-line. You can also talk to your doctor about if you're eligible to join a clinical trial and learn about supportive or palliative care to help with cancer symptoms and any treatment side effects.

**First-line treatment** for locally advanced bladder cancer can include chemoradiation, chemotherapy, and immunotherapy. The main treatment for metastatic bladder cancer can include chemotherapy, immunotherapy, and targeted therapy. Some people with metastatic bladder cancer may also have surgery to remove tumors that have spread to other parts of the body.

**Maintenance treatment** for advanced bladder cancer includes immunotherapy. Your doctor will evaluate if maintenance treatment may be an option for you if you had certain chemotherapy as first-line treatment and the cancer did not progress.

**Second-line treatment** for advanced bladder cancer may include chemotherapy, immunotherapy, or targeted therapy.

## Treatment Side Effects

Before treatment, ask your doctor about side effects that may happen with the recommended treatments. Side effects may be managed differently depending on which treatment caused them. Be sure to tell your doctor about all side effects you have, even if they don't seem too severe or bothersome — recording them in a journal or diary can be helpful. Together, you and your doctor can make a plan to manage side effects.



Side effects that may happen with treatment for advanced bladder cancer can include:

- Fatigue (tiredness)
- Muscle or bone pain
- Nausea, vomiting, diarrhea, constipation
- Loss of appetite
- Fever
- Infections
- Trouble breathing
- Itching, skin rash, or dryness
- Hair loss
- Changes in certain lab tests
- Kidney problems
- A temporary severe reaction with certain medicines when given by infusion into a vein (IV)

Not all side effects are listed in here — ask your doctor, pharmacist, or healthcare team for a complete list of possible side effects that may happen with the type of treatment that you're taking. Be sure to ask them when you should call them, or go to the emergency room because of side effects.

## Questions to Ask Your Healthcare Team

What treatments are available, and what are the goals of treatment?

What side effects may happen, and how can they be managed?

Is there a clinical trial I might be eligible for?

How can I have the best quality of life possible?

What should I do if I start to feel stressed or depressed?

Where can I find more information and resources?