

A Path to Bladder Health

- ❖ **Avocados** (fresh, raw, oil +)
- ❖ **Beans** (lentils, black, kidney +)
- ❖ **Berries** (blue, straw, rasp +)
- ❖ **Broccoli** (fresh, steamed +)
- ❖ **Brown Rice** (steam, boil +)
- ❖ **Cabbage** (raw, steam, Sautee)
- ❖ **Carrots** (raw, steam, juice +)
- ❖ **Cauliflower** (raw, steam, roast +)
- ❖ **Citrus** (orange, grapefruit, lemon)
- ❖ **Cucumber** (slice, chop, blend)
- ❖ **Fatty Fish** (wild salmon, trout +)
- ❖ **Garlic** (raw, minced, marinate +)
- ❖ **Leafy Green** (kale, spinach +)
- ❖ **Mushroom** (shiitake, maitake, Reishi)
- ❖ **Olive Oil** (Extra Virgin)
- ❖ **Onions** (raw, sauteed, pickled +)
- ❖ **Oats** (simmer, soak, smoothie)
- ❖ **Pumpkin Seeds** (raw, butter +)
- ❖ **Seeds** (chia, flax, sesame +)
- ❖ **Yogurt** (plain, Greek, probiotic +)



Immune-boosting Probiotic Foods, Anti-inflammatory Ingredients, Cruciferous Vegetables and Fatty Fish



Arugula, Bok choy, Collard greens, Radishes, Turnips



Turmeric (with black pepper), Ginger, Olive oil (extra-virgin), Tomatoes, Walnuts

Battle Bladder Cancer Naturally!

Fatty Fish



Salmon, Sardines, Mackerel, Trout, Anchovies

Immune-boosting Probiotic Foods



Plain Yogurt (live active cultures), Kefir, Sauerkraut (unpasteurized), Kimchi, Miso

JUST
ADD
TO

- ❖ NUTRITIOUS SNACKS
- ❖ WHOLESOME BREAKFASTS
- ❖ DETOXIFYING SMOOTHIES & FRUIT BOWLS
- ❖ HEARTY VEGGIE PROTEIN SOUPS & STEWS
- ❖ VEGETABLE-PACKED DISHES & BOWLS
- ❖ BALANCED VEGAN & MIXED ENTREES

FRESH FIRST!
THEN FIGHTBACK!

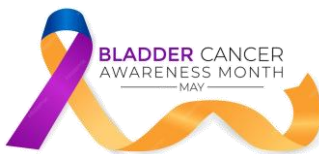


SCAN ME

FIGHTING THE GOOD FIGHT

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Purposeful, **anti-inflammatory**, **nutrient-dense** & **antioxidant-rich** foods serve to complement **Bladder Cancer** treatments and **BCG immunotherapy**. And while purpose-driven nutrition alone cannot cure bladder cancer, a healing-focused diet helps to manage side-effects, fortify immune systems & promote recovery.



Month of
MAY

Forging Functional Foods for the Bladder:

A healing diet for bladder cancer emphasizes a vibrant array of cancer-fighting foods: **Detoxification**: Cruciferous & leafy vegetables; **Antioxidants**: Berries; **Cellular protection**: Probiotic Yogurts; **Immune Strength**: Fermented Foods; **Anti-Inflammatory**: Omega-3 fatty fish; and **Balanced Energy and Repair**: Seeds, Nuts, Legumes & Whole Grains.

Bladder-building Healthy Foods: *Nutrient-Diverse Plan*: Six Categories: (1 of 6)

1. **NUTRITIOUS SNACKS**: Plant-forward antioxidant-rich bites support immune health between meals:

Pumpkin Seed & Blueberry Trail Mix:

- ❖ Raw pumpkin seeds, dried blueberries (*unsweetened*), walnuts, and a sprinkle of chia seeds for antioxidant, mineral, and healthy fat synergy.

Greek Yogurt Parfait with Berries & Flaxseed:

- ❖ Plain probiotic-rich Greek yogurt layered with fresh strawberries and blueberries, topped with ground flaxseed for gut health and anti-inflammatory action.

Raw Veggie Sticks with Turmeric Hummus:

- ❖ Sliced cucumber, carrots, and red bell pepper served with homemade hummus blended with turmeric and garlic for powerful cancer-fighting compounds.

Overnight Oats Power Cup:

- ❖ Rolled oats soaked overnight in kefir with diced apples, cinnamon, chia seeds, and a few pumpkin seeds for probiotic, fiber, and antioxidant support.

Avocado & Black Bean Mini Bowls:

- ❖ Cubed avocado mixed with black beans, cherry tomatoes, onions, and cilantro—a balanced, protein- and fiber-rich snack full of phytochemicals.

Cruciferous Veggie Slaw:

- ❖ Finely shredded cabbage, arugula, and radishes tossed with olive oil, lemon juice, and sunflower seeds for detoxifying, anti-inflammatory goodness.

Nutritious Snacks can be artfully crafted to help fuel healing, strengthen immune defenses, and to provide sustained energy, while naturally supporting conventional bladder cancer treatments.

Nutrition is part of an intentional, integrated approach to fighting cancer!

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Nutrient-dense food choices work together to support a body, to **boost immune defenses** and to **impair side-effects**, empowering BCG and other treatments to optimize effectiveness in a journey to recovery and wellness.

Bladder-building Healthy Foods: *Nutrient-Diverse Plan: Six Categories: (2 and 3 of 6)*

2. WHOLESOME BREAKFASTS: Leverage start-of-day oatmeals, yogurts or kefir bowls; top with berries, seeds, and nuts for gut and immune support:

- ❖ **Berry & Seed Oatmeal Bowl:** Steel-cut oats cooked and topped with blueberries, strawberries, ground flaxseed, chia seeds, and a handful of walnuts for fiber, antioxidants, and healthy fats.
- ❖ **Yogurt Parfait with Pumpkin Seeds & Fruit:** Plain Greek yogurt or kefir layered with raspberries, diced apples, pumpkin seeds, and sunflower seeds for probiotics, vitamins, and immune support..
- ❖ **Chia Pudding Power Cup:** Soaked chia seeds in almond milk mixed with a spoonful of Greek yogurt, topped with pomegranate seeds, shredded coconut, and sliced bananas.
- ❖ **Savory Veggie & Oat Breakfast Bowl:** Rolled oats soaked overnight in kefir with diced apples, cinnamon, chia seeds, and a few pumpkin seeds for probiotic, fiber, and antioxidant support.
- ❖ **Kefir Smoothie Bowl:** Blended plain kefir with fresh spinach, flaxseed, strawberries, and avocado; pour into a bowl and top with sliced peaches and pumpkin seeds.
- ❖ **Whole Grain Toast with Avocado & Black Bean Mash:** Sprouted whole grain toast topped with mashed avocado & black beans, sprinkled with chopped red onion, cilantro, and a pinch of turmeric.

Wholesome Breakfasts: *Mix of anti-inflammatory, antioxidant, probiotic & fiber-rich ingredients; Each one helps sustain energy, protect bladder tissue and enhance BCG treatment effectiveness.*

3. DETOXIFYING SMOOTHIES & FRUIT BOWLS: Detoxifying smoothies and fruit bowls; Do support bladder cancer and BCG treatments; formulated for hydration, antioxidant power & cellular protection:

- ❖ **Green Berry Kefir Smoothie:** Blend plain kefir, spinach, blueberries, strawberries, chia seeds, and a squeeze of lemon for a probiotic-rich, antioxidant-packed drink.
- ❖ **Avocado Citrus Yogurt Bowl:** Combine plain Greek yogurt with diced avocado, orange segments, pomegranate seeds, and a sprinkle of pumpkin seeds for vitamin C and healthy fats.
- ❖ **Super Seed Detox Smoothie:** Blend unsweetened almond milk, kale, raspberries, flaxseed, sunflower seeds, and a handful of frozen cauliflower for gut and immune support.
- ❖ **Tropical Antioxidant Fruit Bowl:** Fill a bowl with diced mango, kiwi, pineapple, and blackberries, topped with shredded coconut, chia seeds, and fresh mint for anti-inflammatory synergy.
- ❖ **Cruciferous Power Smoothie:** Blend probiotic yogurt, raw arugula, strawberries, cucumber, ground flaxseed, and a dash of turmeric for detoxifying phytonutrients and hydration.
- ❖ **Red & Green Healing Fruit Bowl:** Combine sliced apples, red grapes, radishes (*thinly sliced*), pumpkin seeds & baby spinach; top with lemon juice and drizzle of olive oil for freshness & cellular protection.

Detoxifying Smoothies & Fruit Bowls: *Probiotic, fiber-rich, and antioxidant-dense ingredients to help fuel recovery, enhance bladder health, and support immune function during cancer treatment.*

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When fighting bladder cancer, especially with BCG (*Bacillus Calmette-Guérin*) immunotherapy, a nutrition strategy should focus on *immune support, anti-inflammatory foods, gut health, and critical detoxification.*

Bladder-building Healthy Foods: Nutrient-Diverse Plan: Six Categories: (4 and 5 of 6)

4. HEARTY VEGGIE PROTEIN SOUPS & STEWS: Create dishes to support bladder cancer & BCG treatments; Each dish below is broth-based, fiber- and protein-rich, and packed with healing vegetables:

- ❖ **Lentil & Vegetable Immunity Soup:** Simmer green lentils w/ carrots, celery, onions, tomatoes, garlic and spinach in a vegetable broth; finish with turmeric & black pepper for anti-inflammatory benefit.
- ❖ **Salmon & Broccoli Quinoa Stew:** Flake wild-caught salmon into a vegetable broth with cooked quinoa, steamed broccoli, kale, leeks, and cauliflower for a protein- and omega-3-rich meal.
- ❖ **Tofu & Cruciferous Vegetable Hotpot:** Cube organic tofu and stew with Bok choy, cabbage, turnips, carrots, and shiitake mushrooms in a ginger-garlic miso broth for a soothing, plant-powered dish.
- ❖ **Black Bean & Sweet Potato Chili:** Simmer black beans, diced sweet potatoes, tomatoes, red bell peppers, onions, arugula, and cumin in a low-sodium broth for color, flavor, and fiber.
- ❖ **Chickpea Vegetable Soup with Greens:** Cook chickpeas with carrots, celery, kale, Brussels sprouts, onions, and parsley in a savory broth for protein, fiber, and detoxifying greens.
- ❖ **Trout & Garden Vegetable Stew:** Flake baked rainbow trout into a lightly seasoned vegetable broth with zucchini, collard greens, cauliflower, radishes & mushrooms for a mineral / protein-rich option.

Hearty Veggie Protein Soups & Stews: *Variety of anti-inflammatory, antioxidant, and immune-supporting ingredients to maximize nourishment and healing during bladder cancer treatments.*

5. VEGETABLE-PACKED DISHES & BOWLS: Create to support bladder cancer & BCG treatments, highlighting and combining steamed, roasted, or raw cruciferous & leafy greens paired with healthy fats:

- ❖ **Steamed Broccoli & Kale Quinoa Bowl:** Steam broccoli florets & shredded kale on bed of quinoa and top with sliced avocado & pumpkin seeds; finish with lemon squeeze & drizzle of extra-virgin olive oil.
- ❖ **Roasted Cauliflower & Brussels Sprout Bowl:** Oven-roasted cauliflower and Brussels sprouts tossed with baby spinach, raw arugula, walnuts, and a splash of balsamic vinaigrette.
- ❖ **Raw Cabbage & Radish Crunch Salad:** Thinly sliced raw cabbage and radishes mixed with spring greens, sunflower seeds, and chunks of fresh salmon or tofu, topped with an olive oil-lemon dressing.
- ❖ **Asparagus & Turnip Nourish Plate:** Lightly steamed asparagus spears, roasted turnip, arugula & baby spinach served with sliced hard-boiled eggs and a sprinkle of chia seeds for healthy fats and protein.
- ❖ **Collard Greens Power Bowl with Sweet Potato:** Lightly sautéed collard greens and roasted sweet potato rounds over brown rice, finished with diced red onion, sliced avocado, and a tahini-miso sauce
- ❖ **Bok Choy & Mushroom Vitality Bowl:** Steamed Bok choy, sautéed shiitake mushrooms, chopped raw arugula, sliced cucumbers & roasted chickpeas, top with hemp seeds and a ginger-turmeric dressing.

Vegetable-packed Dishes & Bowls: *Blends cruciferous & leafy greens plus healthy fats for maximum anti-inflammatory, detoxifying, and immune-supportive benefits in the fight against bladder cancer.*

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Powerful bladder *health-supportive diets* focus on purposeful snacks and meals. Blend cruciferous and leafy greens, colorful antioxidant-rich berries, preferred probiotic foods, nuts, seeds, legumes, whole grains and optional lean proteins.

Bladder-building Healthy Foods: Nutrient-Diverse Plan: Six Categories: (6 of 6)

6. BALANCED VEGAN OR MIXED ENTREES: Create to support bladder cancer and BCG treatments; Combine whole grains, legumes, vegetables and optional lean proteins for optimal healing nutrition:

- ❖ **Quinoa & Black Bean Stuffed Peppers:** Bell peppers stuffed with quinoa, black beans, diced tomatoes, spinach, and onions, topped with avocado slices and fresh cilantro.
- ❖ **Brown Rice & Vegetable Stir-Fry with Salmon:** Brown rice stir-fried with broccoli, carrots, Bok choy, mushrooms & snap peas; serve with grilled wild-caught salmon on top and a ginger-turmeric sauce.
- ❖ **Chickpea & Roasted Sweet Potato Buddha Bowl:** A bowl of roasted sweet potato cubes, chickpeas, kale, shredded cabbage, arugula, and pumpkin seeds over barley, finished with a lemon-tahini drizzle.
- ❖ **Lentil & Vegetable Curry with Wild Rice:** Simmer lentils with cauliflower, carrots, collard greens, and turmeric-spiced coconut milk; serve over wild rice with chopped parsley.
- ❖ **Tofu & Asparagus Grain Bowl:** Cubed tofu sautéed with asparagus, radishes, and spinach, served over millet or quinoa, and dressed with olive oil, lemon juice, and sunflower seeds.
- ❖ **Herbed Trout & Mixed Greens Pilaf:** Flaked baked rainbow trout served over a pilaf of barley, collard greens, cabbage, and sautéed onions, with walnuts and a splash of cider vinegar.

Balanced Vegan or Mixed Entrées: *Balanced whole grains, legumes, abundant vegetables, and lean proteins; provide fiber, antioxidants, vitamins & healthy fats; bladder-protective, immune-support.*

Every bite and sip is a step toward strength and hope.

Empower a fight against bladder cancer by embracing a purposeful, healing lifestyle; One grounded in the daily actions that truly make a difference.

1. Prioritize colorful meals featuring steamed, roasted, or raw cruciferous and leafy greens, antioxidant-loaded berries, legumes, wholesome grains, seeds, nuts, and lean proteins like wild-caught fatty fish.
2. Prepare foods to maximize nutrients with gentle cooking, soaking, and eating them raw, when possible, to preserve vital compounds.
 - 1) Begin each day with nourishing breakfasts; and pack snacks with seeds and veggies.
 - 2) Create vegetable-packed bowls; sip probiotic-rich smoothies to boost gut & immunity.
 - 3) Keep your body hydrated. Drink plenty of pure water and reinforce bladder cleansing by infusing water with cucumber or lemon; also enjoy detox salads and hydrating fruits.

The above positive food and nutrition choices fuel your resilience, reduce inflammation, and support BCG and conventional treatments - giving your bladder, body, and spirit every possible advantage in healing & recovery.

Please always confirm "diet" with your physician.

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No one food cures Bladder Cancer; Evidence supports purposeful diet as key action in support of best possible outcome during/after bladder BCG treatment.

Immune-Boosting Foods:

- ❖ **Fermented Foods:** Plain yogurt, kefir, kimchi, sauerkraut, miso, and tempeh provide probiotics; support robust immune response & healthy gut barrier during BCG therapy.
- ❖ **Citrus Fruits:** Oranges, grapefruits, and lemons offer vitamin C to boost immune cell function and aid tissue healing.
- ❖ **Garlic & Onions:** Contain sulfur compounds; improve immune & anti-cancer cell activity.

Anti-Inflammatory Foods:

- ❖ **Fatty Fish:** Salmon, sardines, and mackerel provide omega-3 fatty acids that help reduce inflammation throughout the urinary tract and body.
- ❖ **Olive Oil:** Use extra-virgin olive oil for monounsaturated fats and polyphenols shown to lower inflammation markers.
- ❖ **Turmeric & Ginger:** Potent anti-inflammatory spices; curcumin (*turmeric*) and gingerol (*ginger*) can be included in soups, stir-fries, or smoothies.

Detoxification & Protective Foods:

- ❖ **Cruciferous Vegetables:** Broccoli, cauliflower, Brussels sprouts, cabbage & kale contain sulforaphane & glucosinolates; support detoxification; may reduce bladder cancer risk.
- ❖ **Leafy Greens:** Spinach, arugula, romaine; fiber-rich antioxidants, folates; cell and urinary tract health.
- ❖ **Berries** (especially blueberries, strawberries): High in polyphenols and vitamin C, they support cell repair and counteract treatment-related oxidative stress.

Hydration and Urinary Tract Support:

- ❖ **Water:** Please stay very well-hydrated to promote urinary tract flushing and toxin removal – this is a critical action during bladder cancer treatment and bladder healing.
- ❖ **Cucumber & Watermelon:** Foods with high water content assist in maintaining critical hydration and gentle detox, allowing system to flush and clean system naturally.

Gut & Immune Health:

- ❖ **Pumpkin and Sunflower Seeds:** Provide zinc & magnesium; immune function & tissue healing.
- ❖ **Whole Grains:** Oats, quinoa, brown rice; gentle fiber, sustained energy, digestive health in BCG cycles.
- ❖ **Legumes** (beans, lentils): Plant-based proteins that are easy on the kidneys and bladder.

Bladder and Treatment Supportive Strategies:

- ❖ **Lightly cook or steam:** Prepare select vegetables to preserve phytonutrients while aiding digestion.
- ❖ **Moderate portions,** smaller frequent meals; supports tolerance, especially during treatment cycles.
- ❖ **Choose “unsweetened”** yogurt or kefir to reap real probiotic benefits without added sugars.
- ❖ **Avoid processed meats,** excessive red meat, fried foods, and sugary beverages, all of which may aggravate inflammation and stress the bladder.
- ❖ **Limit caffeine and alcohol:** Both irritate bladders; reduce effectiveness of immune function during BCG.
- ❖ **Extra Vitamin D:** Especially if sunlight is limited; vitamin D supports immune health for cancer patients.

Consult with oncology nutritionists for tailored dietary advice based on your treatment, side-effects, health.

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Age groups require tailored nutrition & lifestyle approaches. **Youth** should focus on variety and healthy habits; **Adults** should balance self-care with busy lives; **Seniors** should emphasize nutrient density, strength, and careful hydration.

AGES UNDER 30

1. Prioritize Variety and Micronutrient Intake:

Young adults have higher metabolic rates and greater physical demands. Prioritize diverse fruits, vegetables (*especially cruciferous*), whole grains, and lean proteins to ensure optimal micronutrients and antioxidants, critical for cellular repair & resilience during BCG therapy.

2. Hydration and Activity:

Maintain robust hydration with water and hydrating foods (*cucumbers, berries*). Pair this with regular, vigorous physical activity to preserve bladder function, boost mood, and manage stress.

3. Limit Fast Food and Social Drinking:

Social lifestyles can increase intake of processed foods and alcohol, which impair healing and immunity. Make conscious choices to minimize these, focusing instead on nourishing, whole food options.

AGES BETWEEN 30 to 60

1. Balance Work, Family, and Self-Care:

Busy lifestyles can lead to skipped meals or reliance on convenience foods. Prioritize meal prepping anti-inflammatory, plant-forward foods that are easy to incorporate into packed schedules.

2. Gut and Immune Health Focus:

BCG treatments can impact digestion and immunity. Emphasize probiotic foods (*yogurt, kefir, fermented veggies*) and fiber-rich meals to support gut flora and maintain immune resilience during & after therapy.

3. Stress and Sleep Management:

Career and family pressures may elevate stress. Practice mindfulness, establish sleep routines, and integrate gentle exercise (*walking, yoga*) to optimize recovery and hormonal balance.

AGES Over 60

1. Nutrient Density & Easy Digestion:

With age, calorie needs may decrease but nutrient needs remain high. Easily digestible, nutrient-dense options; steamed veggies, soft whole grains, legumes, well-cooked lean fish: easier chewing & absorption.

2. Protect Muscle and Bone Health:

Older adults are more prone to muscle loss and bone weakening, especially during treatments. Combine protein-rich foods (*beans, fish, eggs, yogurt*); gentle resistance activities to maintain strength and mobility.

3. Monitor Hydration and Kidney Function:

Age can blunt thirst, and medication can affect renal health. Focus on steady, adequate water intake; avoid excess salt and consult with healthcare providers about optimal fluid levels during and after BCG therapy.

No matter your age, commit to nourishing your body, staying active, and working closely with your care team. ***Every positive step strengthens your fight against bladder cancer!***

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Key lifestyle “**7 Do’s**” and “**7 Don’ts**” may help to reduce risks and support BCG treatments and healing of **Bladder Cancer**, improving overall health. Objective is to use complementary nutrition for battling **Bladder Cancer** and treatments.

BLADDER CANCER LIFESTYLE: RECOMMENDATIONS

BLADDER CANCER: 7 DO’s



EAT ORGANIC WHEN POSSIBLE!

1. **Eat plant-rich diet:** : Antioxidant-rich berries, cruciferous vegetables, leafy greens, healthy fats (*olive oil, avocado*), seeds, nuts, whole grains, legumes, fermented food; boost immunity & reduce inflammation.
2. **Stay hydrated:** Drink plenty of pure water throughout the day and incorporate hydrating foods like cucumber and citrus. Consider bladder-supportive infusions (e.g., *lemon water*) for *gentle cleansing*.
3. **Support gut health:** Include plain probiotic yogurt, kefir, kimchi, sauerkraut, or miso daily to improve your intestinal flora and strengthen immune defenses.
4. **Be physically active:** Engage in regular gentle movement - walking, stretching, yoga, or light exercise as tolerated - to enhance circulation, mood, and overall resilience.
5. **Prioritize mindful sleep & stress management:** Plan restful, consistent sleep. Use relaxation practices (*meditation, breathing, counseling*) to manage stress and maintain emotional balance.
6. **Work closely with your medical team:** Attend all appointments, follow treatments as prescribed, communicate concerns; openly discuss nutritional & lifestyle approach to ensure safe, coordinated care.
7. **Prepare foods simply & thoughtfully:** Choose gentle cooking methods (*steaming, roasting, soaking, or eating raw if possible*) to preserve nutrients & maximize healing benefits (*macro, micro, phytonutrients*).

BLADDER CANCER: 7 DON'T's

AVOID SIMPLE FATS & SUGARS!

1. **Don't rely solely on diet or alternative treatments:** Always use dietary & lifestyle changes alongside - not instead of - evidence-based medical care and BCG therapy. (*As directed by physicians*)
2. **Don't eat highly processed or inflammatory foods:** Avoid refined sugars, packaged snacks, fried foods, excessive red/processed meats, and high-sodium items that raise inflammation and stall recovery.
3. **Don't smoke or use tobacco:** Tobacco increases bladder cancer risk, slows healing, worsens prognosis.
4. **Don't abuse alcohol:** Limit/avoid alcohol; impairs immunity, adds toxicity, adverse treatment interaction.
5. **Don't ignore new symptoms/side-effects:** Report changes, discomfort, side-effects to healthcare team.
6. **Don't neglect emotional health:** Seek support & connection - avoid isolation and address all anxiety, sadness, or distress to improve bladder cancer recovery and quality of life.
7. **Don't make abrupt dietary or supplement changes:** Consult your oncology and nutrition teams before starting new supplements, herbs or major dietary changes to ensure safety & treatment compatibility.

Choose every meal, activity or healing practice as an act of strength and resilience; fuel your fight against bladder cancer, power BCG treatments and build grounds for hope & wellness. Every nourishing choice on your plate, in your routine, and with your care team boosts your defenses and your BCG treatments. ***This is the greatest chance for healing & renewed life!***

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