

Smoking and bladder cancer risk and recurrence

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Valorisation addendum



Bladder cancer is a common malignancy in the elderly from Western countries and will remain to have a significant social and economic impact on both individual lives as well as public health in general.

The findings of this thesis will mostly impact cancer prevention as the meta-analysis research and the pooled analysis from the BLEND consortium provide the most detailed summary of the available scientific evidence on the association between smoking and bladder cancer risk. The results from this research indicate that merely focussing on decreasing the number of cigarettes smoked per day is not enough and that only a large proportion of regular smokers completely quitting smoking is likely to have a meaningful impact on lowering bladder cancer rates.

Results of this thesis have been shared, after publication, with the UK-based bladder cancer charity "Fight Bladder Cancer". This charity is run by bladder cancer survivors and their families and aims to translate medical terms, scientific results and share tips and stories. By collaborating with such a patient-centred charity, I have attempted to help them keep their information up to date and to provide them with some of the most recent facts on smoking and bladder cancer.

Additionally, the Wikipedia page for "bladder cancer" (under heading: "causes") was updated in 2016 with results from the meta-analysis estimating the population attributable risk of bladder cancer among smokers, which decreased since the last published figures in 2000.

Furthermore, results published in this thesis have been presented at the yearly Dutch conference for Epidemiology (WEON) and, while another paper on fluid intake and bladder cancer characteristics at diagnosis was presented, results were also discussed with several urologists at the European Association of Urology (EAU) conference 2018 in Copenhagen. It is important that both other researchers in the field and clinicians in the field are provided with the most reliable estimates of the impact of smoking on bladder cancer. In this way, other researchers can determine where more studies are needed and clinicians can use scientific facts to advise and treat their patients.

Summarising, the valorisation of the results of this epidemiological thesis is mainly in updating the facts on smoking and bladder cancer that can be read online by most people. Furthermore, providing reliable evidence on basic epidemiological associations lays the foundation for more translational research and provides clinicians with fact sheets to more efficiently interact with patients.

