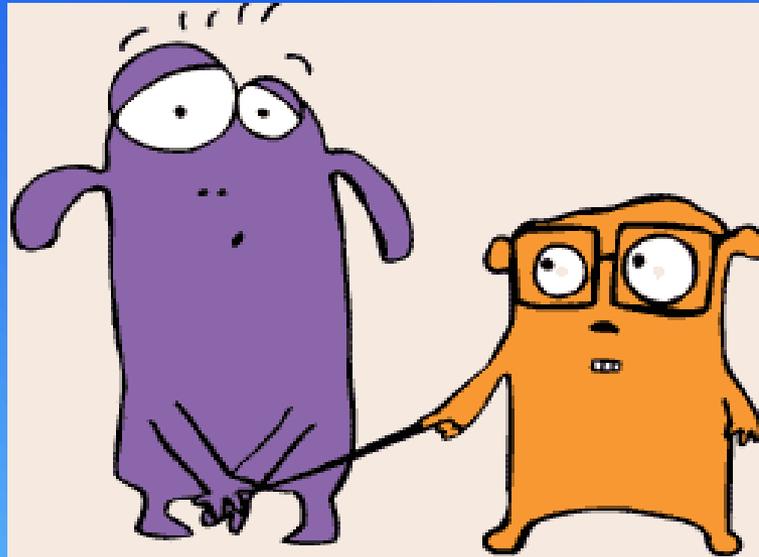


Testicular Cancer



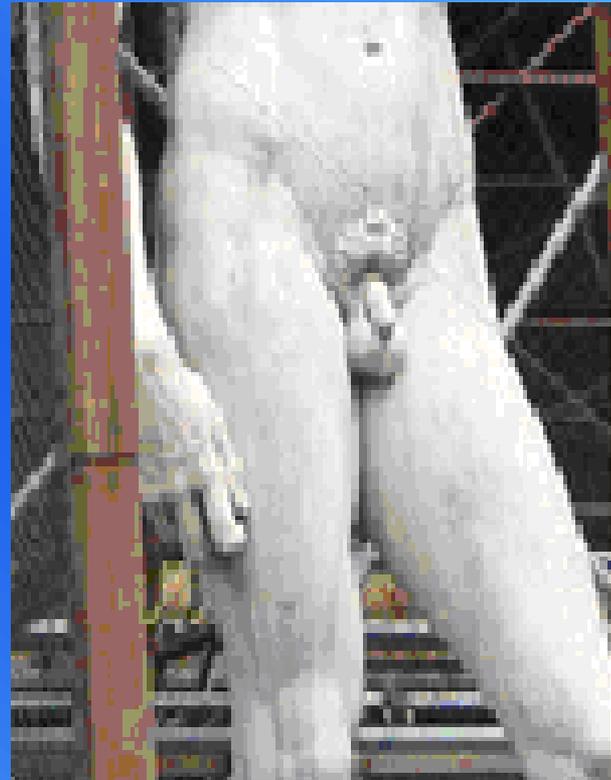
Testicles



- ▣ Testicles hang in the scrotum behind the penis, from the age of puberty they produce sperm which can fertilise a female egg
- ▣ They also produce testosterone –which produces male qualities such as a deep voice, facial hair, erections and sex drive (libido)

Nutty Facts!

When a man in Ancient Rome was required to give an oath, he would cup his testicles with his hand as he spoke. It's from this that we get the words testify, testimonial and testament.



How well do you
know your balls?



Q. Are men aged between 15-35 or 65-85 more likely to get testicular cancer?

A.15-35

(testicular cancer is most common amongst young men)

**Q. Is testicular cancer
becoming more or less
common?**

A. More

(it's twice as common as 20 years ago)

Q. What is the most common symptom of testicular cancer?

A. A lump in the balls
(but not all lumps are cancerous)

Testicular Cancer Symptoms

- ▣ The most common symptom is a lump or swelling in one part of the testicle
- ▣ Most testicular lumps are NOT cancer
- ▣ Some men may get a dull ache in the affected testicle or in their lower abdomen
- ▣ A Lump can be as small as a pea or larger
- ▣ Scrotum may feel “heavy”



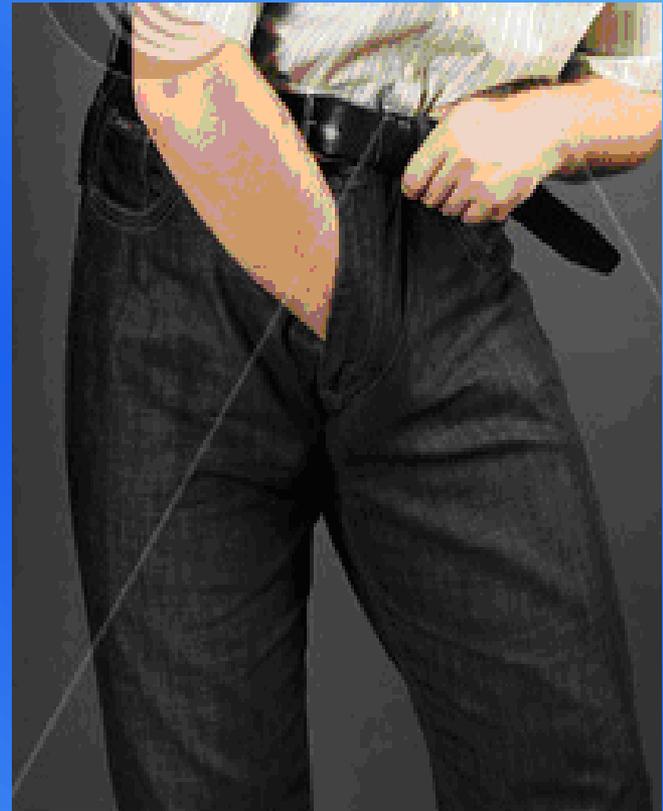
**Q. How often should men
check their balls for lumps?**

A. Once a month

(it's best done in a hot bath or shower)

Testicular Self-Examination

- ▣ Monthly self-examination is recommended (a good time to do this is after a warm bath or shower when scrotal skin is relaxed)
- ▣ Cancers which are caught early are the most easy to treat
- ▣ How to self-examine - DVD



Nutty Facts!

- ▣ Over the course of a lifetime, the testicles generate an average of 64 litres of semen (cum)
- ▣ Human ejaculation occurs at an average speed of 27 miles per hour



Worried?

- ▣ If you have any worries or concerns about any changes to your testicles, contact your:
 - ▣ GP
 - ▣ Walk-In Centre
 - ▣ Family Member
 - ▣ School Nurse



Q. What percentage of men with testicular cancer survive?

A. 95%

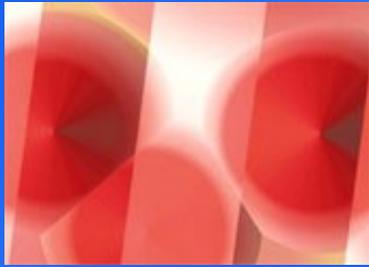
(it's one of the easiest cancers to treat)

Notice Your Nuts!

- ▣ Early detection
- ▣ Self examination
- ▣ Get to know your own testicles
- ▣ Seek advice early

Breast Awareness Cervical Cancer





Changes

- ❑ Breasts start to develop age between 9-11
- ❑ Breasts constantly change from puberty, through adolescence and childbearing years and into menopause, they are affected by changes in hormone levels
- ❑ Before a period, breasts can become larger, tender and feel a bit lumpy
- ❑ After a period, lumpiness is less obvious or may disappear all together

Continued . . .

- ▣ Many women also have breast pain during their period
- ▣ During pregnancy breasts become much larger due to a number of milk-producing cells increasing
- ▣ Around menopause lumps are common which often turn out to be cysts



Being breast aware - How to self-examine



Worried?

If you have any worries or concerns about any changes to your breasts, contact your :

- ▣ GP
- ▣ Walk-in Centre
- ▣ School Nurse
- ▣ Family member



Cervical Cancer

(Cancer of the cervix – entrance to the womb)

- ▣ 99% of all cervical cancer is caused by HPV (Human Papilloma Virus)
- ▣ Over 100 types of HPV
- ▣ Only 13 known to cause cancer

How do you get HPV?

- ▣ By being sexually active with someone else who has it – including intimate sexual contact
- ▣ It is very common and over half of all women who have sex will get infected with HPV at some time in their lives

Continued . . .

- ▣ Most common age for developing cervical cancers – 30's
- ▣ Usually you don't know you have been infected, so screening is very important.
- ▣ Screening still important even if you have been immunised against HPV the infection only protects against certain types of HPV

What does screening involve and how often is it carried out?

- ▣ Routine screening starts from the age of 25 and continues every 3 years until the age of 50 when it is reduced to every 5 years (also affected by results)
- ▣ Usually carried out at GP or sexual health service
- ▣ Involves nurse putting a speculum into the vagina and using a soft small brush to collect a sample of cells from the cervix
- ▣ Not a painful procedure – mild discomfort usually at most
- ▣ The worst thing is that it can be embarrassing

Look after yourself!

- ▣ HPV Immunisation is available to help protect against cervical cancer – This should be available through your GP if you have previously not had the vaccine in school
- ▣ Important to take up offer of routine cervical screening when that starts at approx 25
- ▣ Look after your sexual health and always remember to use a condom, not only for HPV but also unintended pregnancy and STI's
- ▣ Seek help from GP, School Nurse, Sexual Health Services if you have any worries or concerns in the future

Reducing Risk

- ▣ Eat at least 5 portions of fruit and vegetables in a day
- ▣ Don't smoke
- ▣ Exercise regularly
- ▣ Have HPV immunisation
- ▣ Use high factor suncreams
- ▣ Eat less red meat
- ▣ Drink water
- ▣ Eat diet rich in fibre, vitamins and minerals
- ▣ Reduce alcohol intake
- ▣ Regular health checks
- ▣ Screening programmes

School Nurse Drop-In

- ▣ Discuss any health concerns
- ▣ Diet, smoking, alcohol, mental health, relationships, social media, contraception etc
- ▣ C Card registration and distribution
- ▣ Chlamydia testing
- ▣ Pregnancy testing
- ▣ Referral onto other services

Questions?

