your
PR.i.VATES

Welcome to the Your Privates Schools Pack

ORCHID
FIGHTING MALE CANCER

PSHE Association Quality Assured Resource
PSHE Association

Registered Office: St Bartholomew's Hospital, London EC1A 7BE
Registered with the Charity Commission No 1080540. Company No. 3963360

www.yourprivates.org.uk

Monday Morning

My girlfriend found a swelling last night..

Is she going to get it checked?

Not on her…me..

What! Where?

My bollocks!

What are you going to do

Don't know... what should I do?

Know your testicles

They are 2 small oval shaped organs.

They are the male sex glands.

Play Video

Listen out for

Testosterone
Hormones

Also Known As

Know Any More?

A little later on...

What am I going to do?

You need someone to have a look at it.

I don't want anyone else looking at my balls!

What if its cancer?

I'm too young to get cancer.

Are you sure? You should see a doctor.

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Around 60

Around 60 males will die of testicular cancer every year

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Why should I care?

Age

15-45

is the most **common age** for a male to be affected by **testicular cancer.**

45%

UNDER 35

are **diagnosed** with testicular cancer.

6

MEN

are diagnosed every day

What is testicular cancer?

Play Video

The risk factors

Strong risk

Undescended testicle at birth. 5-10% of diagnosed men have a history of this.

The risk factors

Strong risk

X4

If your dad had it you are 4 times more likely to develop it.

X9

If your brother had it you are 9 times more likely to develop it.

The risk factors

Possible risk

Some research has suggested that men who **smoke cannabis** regularly and over a long period of time are more likely to develop testicular cancer

The risk factors

Possible risk

Repeated knocks or trauma to the scrotum may increase the risk.

The risk factors

Very Controversial

EXERCISE IS VERY IMPORTANT

A sedentary / non active lifestyle may increase the risk.

The risk factors

Men with HIV have a slightly higher incidence of testicular cancer.

Testicular Self Examination

Play Video

Signs & Symptoms?

97%

A hard lump is felt in **97%** of cases which is about the **size of a pea.** This will usually increase in size over time. Most of the time it is painless so you must check monthly for lumps and bumps.

You may feel

Dragging sensation \ ache Male **breast swelling** or tenderness (rare and can be part of growing up and not cancer) Enlarged lymph nodes in your back causing **unexplained back pain.**

The following Monday

What Happened mate?

I told my mum and dad. They got me to see our GP.

What did they do, have a feel?

Yes and sent me for a scan, didn't hurt..

What was it?

A bit of fluid around me nad, quite common.

Don’t keep everything private

Talk

Talking about cancer saves lives.

98%

Cure Rate

Cure rates of 98% are possible when found early.

No Affect

The removal of one of your testicles will not affect your ability to have an erection or have children.

Remember...

TSE

Perform Testicular Self Examination (TSE) once a month.

Advice

If you find something unusual get it checked out.

What’s not cancer?

Don’t worry...

It’s very common for guys to get lumps and bumps downstairs and not all of them are cancerous.

They still need to be checked out though so if you feel anything or are worried visit your GP immediately.

Play Video

Making ballsy decisions?

Orchidectomy?

Treating testicular cancer usually requires the surgical removal of the cancerous testicle. This is called an orchidectomy.

Why Orchid?

The ancient Greeks named the testicle - Orchis after the flower and as life can bloom after cancer we feel Orchid fits the bill.

Play Video