



Aaron Watson & Stephen Clegg
Friends of the Cancer Centre's Talking Balls Ambassadors

ARE YOU TALKING BALLS?

Friends^{of}
the
cancer centre

A LITTLE ABOUT US

Friends of the Cancer Centre is a local charity working to enhance the quality of care for cancer patients and their families in Northern Ireland.

Based in the Northern Ireland Cancer Centre at Belfast City Hospital, the charity's work extends to support cancer services in the North West Cancer Centre at Altnagelvin Hospital, The Royal Belfast Hospital for Sick Children, Antrim Area Hospital and Craigavon Area Hospital.



Melanie McNally
Friends of the Cancer Centre's
Testicular Cancer Clinical Nurse Specialist

WHAT WE DO

Friends of the Cancer Centre is here to enhance the quality of patient care and support through our life-changing and life-saving work.

The charity relies on the generosity of the local community and all money donated stays in Northern Ireland, directly benefitting patients and their families.

THE FOUR KEY AREAS OF OUR WORK ARE:



Patient care



Patient comfort



Research



Cancer awareness

EVERY YEAR IN NORTHERN IRELAND 66 MEN ARE DIAGNOSED WITH TESTICULAR CANCER. MOST OF THESE MEN ARE BELOW THE AGE OF 50.

EARLY DIAGNOSIS IS REALLY IMPORTANT, SO A KEY PART OF FRIENDS OF THE CANCER CENTRE'S WORK IS ENCOURAGING PEOPLE TO BE AWARE OF THE SIGNS AND SYMPTOMS OF TESTICULAR CANCER AND TO CHECK THEMSELVES REGULARLY.

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cancer centre

WHAT IS TESTICULAR CANCER

Testicular cancer is unusual, in that it generally affects younger men. You are most likely to develop testicular cancer between the ages of 15 and 49.

The good news is that when it is caught early, testicular cancer is very treatable. 5-year survival for Stage I testicular cancer is more than 98%.

There is no identified exact cause of testicular cancer; however, there are some factors that can increase your risk of developing it - including undescended testicles, family history of testicular cancer or a previous testicular cancer diagnosis.

Early diagnosis is really important, so a key part of Friends of the Cancer Centre's work is encouraging people to be aware of the signs and symptoms of testicular cancer and to check themselves regularly.



TALKING BALLS

Friends of the Cancer Centre's Talking Balls campaign helps raise vital awareness of the signs and symptoms of testicular cancer.

The campaign focuses on a self-check card, which has been developed with the expert guidance of Friends of the Cancer Centre's testicular cancer specialist nurse.

The handy wallet sized self-check card has a step-by-step guide on how you should check your testicles and what you should look out for.

Since the campaign launched, the charity has shared thousands of self-check tools across Northern Ireland.



GET YOUR **TALKING BALLS** SELF-CHECK CARD & STRESS BALL



Order online www.friendsofthecancercentre.com



Pick yours up from Friends of the Cancer Centre's office at the Northern Ireland Cancer Centre in Belfast



SCAN HERE



**OR PRINT
AND SHARE
THE POSTER
ON THE
NEXT PAGE**

ARE YOU TALKING BALLS?

THERE ARE CERTAIN THINGS MEN DON'T LIKE TO TALK ABOUT, BUT TESTICULAR CANCER SHOULDN'T BE ONE OF THEM.

Friends of the Cancer Centre is calling on men across Northern Ireland to start Talking Balls and get in the habit of checking their testicles every month. Not sure how to check yourself?

HERE'S HOW TO CHECK



This simple check should be done once a month, after a bath or shower is best.



Examine the testicles with both hands. Roll the testicle gently between the thumbs and fingers.



Find the epididymis, the soft, tube-like structure behind the testicle that collects and carries sperm. Then you won't mistake it for a suspicious lump.



Check for any lumps, swelling or heaviness in the testicle. You shouldn't feel any pain when doing the examination.

WHAT TO LOOK OUT FOR

➤ A swelling or lump in one of your testicles

➤ An increase in firmness in one of your testicles

➤ A difference in appearance between one testicle and the other

➤ A feeling of heaviness in your scrotum

➤ A dull ache or sharp pain in your testicles or scrotum

Get to know your testicles so you can spot any changes early. If you do find anything you are worried about, contact your GP and get it checked out.

Friends of the Cancer Centre, NI Cancer Centre, Belfast City Hospital, Lisburn Road, BT9 7AB
T: 028 9069 9393 E: info@friendsofthecancercentre.com W: www.friendsofthecancercentre.com





**ARE YOU
TALKING BALLS?**



GET INTO THE HABIT OF CHECKING YOUR TESTICLES ONCE A MONTH

- 1) This simple check is best done after a bath or shower
- 2) Find the epididymis, the soft tube-like structure behind the testicle that collects and carries sperm. Then you won't mistake it for a suspicious lump.
- 3) Examine the testicles with both hands.
- 4) Roll the testicle gently between the thumbs and fingers.
- 5) You shouldn't feel any pain when doing the examination.

WHAT TO LOOK OUT FOR

-  **A swelling or lump in one of your testicles**
-  **An increase in the firmness of one of your testicles**
-  **A difference in appearance between one testicle and the other**
-  **A feeling of heaviness in the scrotum**

**Get to know your body and what is normal for you.
If you find anything you're worried about, tell your doctor and get it checked out.**

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Talking Balls

Your guide to checking your testicles every month

Friends^{of the}
cancer centre

“IT HAS BECOME MY MISSION TO GET AS MANY MEN AS I CAN TO START CHECKING THEMSELVES AND THAT IS WHY I’M REALLY PROUD TO SUPPORT FRIENDS OF THE CANCER CENTRE’S TALKING BALLS CAMPAIGN.”

AARON WATSON
FRIENDS OF THE CANCER CENTRE'S TALKING BALLS AMBASSADOR



“I USED TO BE ONE OF THOSE MEN WHO DIDN’T TALK ABOUT MY HEALTH OR ANYTHING PRIVATE, BUT NOW I WOULD OPENLY TELL ANY MAN TO CHECK THEMSELVES REGULARLY. EVEN IF IT’S IN THE SHOWER, IT’S A GREAT WAY TO GET USED TO WHAT’S NORMAL FOR YOU AND SPOT ANY CHANGES AS EARLY AS POSSIBLE.

STEPHEN CLEGG
FRIENDS OF THE CANCER CENTRE'S TALKING BALLS AMBASSADOR



**WE UNDERSTAND A CANCER
DIAGNOSIS CAN BE FRIGHTENING, BUT
WE ARE HERE TO SUPPORT YOU AND
YOUR LOVED ONES EVERY STEP OF
THE WAY.**

*Friends*_{of the}
cancer centre

FRIENDS OF THE CANCER CENTRE'S SPECIALIST NURSE

If you or a loved one is diagnosed with testicular cancer, Friends of the Cancer Centre is here to support you.

The charity funds 51 *additional* members of staff throughout cancer services in Northern Ireland. This includes doctors, researchers, complementary therapists and our 22 specialist nurses.

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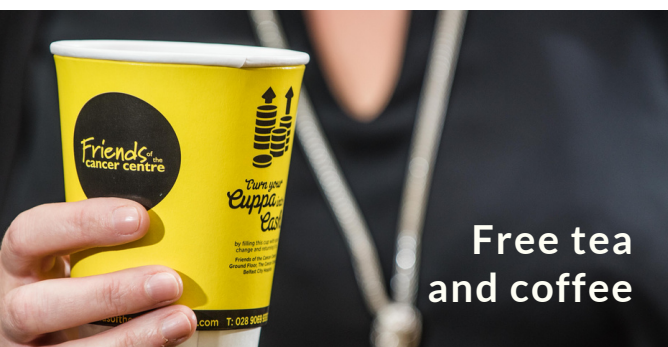


**MELANIE MCNALLY
FRIENDS OF THE CANCER
CENTRE'S TESTICULAR CANCER
CLINICAL NURSE SPECIALIST**

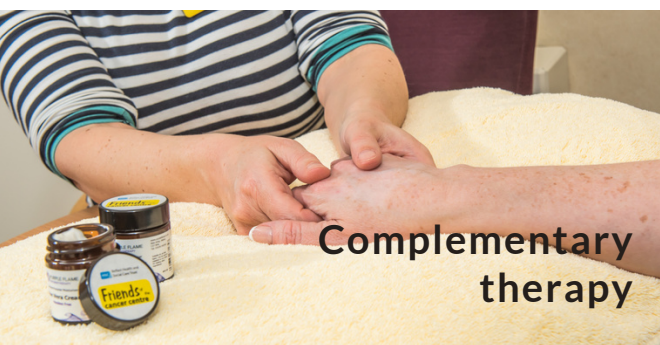
OTHER WAYS WE CAN SUPPORT YOU



Financial support



Free tea and coffee



Complementary therapy



Exercise and relaxation classes

A HELPING HAND WHEN YOU NEED IT MOST

We understand that a cancer diagnosis and treatment can impact on many parts of a person's life, which is why we fund and provide a range of services that can help make a difficult time a little bit easier.

You can find out more about the support the charity can offer on our website.

Find out more at
www.friendsofthecancercentre.com



**EVERYTHING WE DO RELIES ON THE
GENEROSITY OF PEOPLE WHO DONATE
AND FUNDRAISE FOR THE CHARITY.**

YOU CAN HELP US MAKE A DIFFERENCE.

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THE POWER OF FRIENDS

If you, your place of work, sports club or community group would like to support Friends of the Cancer Centre there are lots of ways you can get involved.

Visit our website www.friendsofthecancercentre.com for details of our events and how to sign up.

Or contact us with your own fundraising ideas. Call the team on 028 9069 9393 or email info@friendsofthecancercentre.com

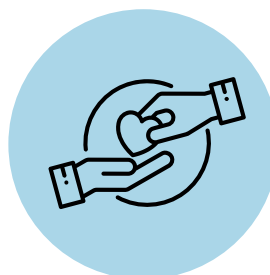
WAYS YOU CAN GET INVOLVED



Take part in one of our amazing events throughout the year, like our Take on the Tower Abseil or Slieve Donard Challenge



Plan your own event such as a coffee morning



Make a donation



Choose Friends of the Cancer Centre as your charity partner



Join #TeamFriends and volunteer your time to help us with local collections and events



info@friendsofthecancercentre.com



028 9069 9393



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Friends of the Cancer Centre, Northern Ireland Cancer Centre, Belfast City Hospital, Lisburn Road, Belfast BT9 7AB

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