

IN THE UK, 10 PEOPLE PER DAY  
ARE DIAGNOSED WITH GERM  
CELL CANCER

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GERM CELL CANCERS AFFECT  
BOTH MEN AND WOMEN

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GERM CELL CANCERS ARE OVER  
90% CURABLE IF DETECTED  
EARLY

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DON'T LET EMBARRASSMENT  
KILL YOU. DON'T BE AFRAID TO  
TALK BOLLOCKS.

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LISTEN TO YOUR BODY. YOU'RE  
NOT OVARY-ACTING.



Guys, feel free to contact us if you'd like to **talk bollocks** about testicular cancer.

Ladies, if you're worried about ovarian cancer then remember - **you're not ovary-acting.**

 [www.therobincancertrust.org](http://www.therobincancertrust.org)

 [info@therobincancertrust.org](mailto:info@therobincancertrust.org)

 Search for "The Robin Cancer Trust"

 @RCTcharity

 RCTcharity

#### ABOUT THE ROBIN CANCER TRUST...



The Robin Cancer Trust was set up by the Freeman family following the untimely death of their son and brother Robin, aged just 24.

Robin was diagnosed in January 2011 with a Mediastinal Germ Cell Tumour, a grapefruit sized tumour in his chest. After being diagnosed with secondary leukaemia Robin finally lost his battle surrounded by his family in St. Helena Hospice in December 2011.

Registered charity number 1148999

IF YOU'VE GOT  
TESTICLES  
OR OVARIES  
THEN YOU NEED TO  
- READ THIS -





# - BECAUSE - GERM CELL CANCER CAN AFFECT BOTH MEN AND WOMEN

## What is a germ cell?

Germ cells are the cells in your body that develop in the reproductive system into sperm and eggs. They are mainly found in the testicle or ovary, but they can sometimes be left behind in other parts of the body when you are developing in the womb.

## So what is germ cell cancer?

Germ cell cancer grows in the form of tumours and can develop from germ cells found anywhere in your body. They most often develop in the reproductive system in the form of testicular or ovarian germ cell tumours, as that is where most germ cells are. The most common germ cell tumours are teratomas or seminomas of the testicle in men, accounting for over 95% of testicular cancers and affecting over 2,200 men in the UK each year. Women can also develop ovarian germ cell tumours, many of which are non-cancerous (benign), but some of which are cancerous. Ovarian germ cell tumours account for less than 5% of ovarian cancers but still affect just under 1,500 women in the UK a year.

LET'S TALK  
BOLLOCKS!

Well, we all do it!  
We're aiming to  
break down the  
embarrassment that  
guys feel when talking  
about their testicles.

Our aim is to get you talking about your testicles (we all have them) and arm you with the knowledge of how to check for Testicular Cancer and what to do if you find something. Then go and tell your mates to do the same... *We want you to talk bollocks.*

## SIGNS & SYMPTOMS

- A **lump** in the testicle.
- **Swelling** of the testicle.
- **Discomfort or pain** in the testicle.
- **Heaviness** of the scrotum.
- Nipple or breast **tenderness**.

## TESTICULAR SELF-EXAMINATION

*Your guilt-free excuse to touch your balls at least once a month...*

1. The best time to do a TSE is after a hot bath or shower (the skin is more relaxed, making it easier to examine your testicles). If possible stand in front of a mirror. Check for any swelling on the scrotal skin.
2. Examine one testicle at a time using both hands. Place the index and middle fingers under the testicle with the thumbs placed on top. Firmly but gently roll the testicle between the thumbs and fingers to feel for any irregularities on the surface of the testicle.
3. Find the epididymis, a soft rope-like structure on the back of the testicle which can be slightly tender to pressure. If you are familiar with this structure you won't mistake it for a lump.

YOU'RE NOT  
OVARY-ACTING!

We want to let  
you know that  
you are not  
ovary-acting.

The aim of our Ovarian Cancer campaign is to reassure you that although the signs & symptoms of Ovarian Cancer could be shrugged off as a plethora of other ailments, they are certainly not to be ignored. That is why we are focusing not only on teaching you the signs and symptoms, but also when they should be of concern. We are asking you to listen to your body, as no-one knows it like you do.

## SIGNS & SYMPTOMS

The key features of the symptoms to remember are:

- They are persistent** - They don't go away
- They are frequent** - They occur on most days
- They are new** - They started within the last 12 months
- They are unusual** - They are not normal for you

- Abdominal **pain**
- Feeling of **fullness**
- **Increased** need to pass **urine**
- Abdominal **swelling**
- Irregular vaginal **bleeding**
- Change in **bowel habits**

Remember, these symptoms are common with many other conditions. However, if you are concerned about ovarian cancer you should always visit a medical professional.