



—Wendy with Matthew Gough

Wendy Gough's son Matthew died of Testicular Cancer at just 19, having ignored signs of cancer for 6 - 7 weeks, before going to see his doctor. He was angry that he hadn't been taught 'how to check' and the importance of early detection of cancers whilst at school, if he had, this knowledge would have saved his life.

This Charity was set up to raise awareness of early cancer symptoms and now gives talks on the signs of Testicular, Prostate (older men) and Breast Cancers to students. These talks are giving knowledge and empowering the young in life skills - this means the chance of surviving cancer!

WGCAF also offers support to newly diagnosed patients and their families.

In memory of Matthew Gough age 19.

**We are all about  
creating awareness.**

**if in doubt,  
get yourself  
checked out!!**

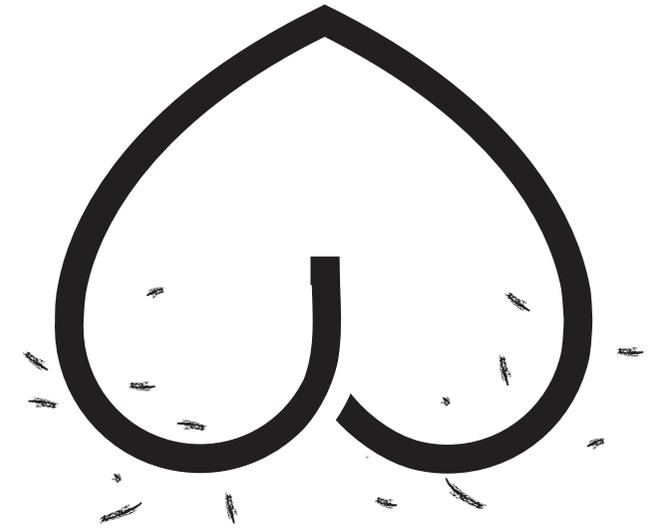
wendy gough  
**cancer  
awareness  
foundation.**



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REG CHARITY 1147808

# testicular cancer awareness



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# testicular cancer effects young men mostly between 15-30 (but can still effect older men)

## risks

Undescended Testicles at birth  
increases risk by 30%.

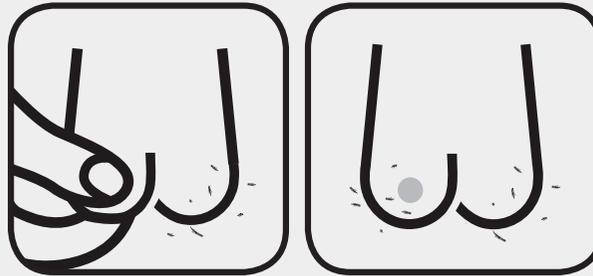
Family History: ff your Brother  
or Father has had Testicular cancer  
is increases risk by 10%.

Race / Ethnicity: it's most  
common in Caucasians,  
rarer in Asian / African men.

Height: Taller young men are at risk.

**This cancer is more than  
95% curable if caught early!**

## how to check yourself...



- 1. After a bath / shower – feel the weight and size of each ball, compare them.** LEFT usually hangs down lower than the RIGHT.
- 2. Roll each Testicle GENTLY between your fingers and thumb.** They should feel 'bouncy' & smooth like hard boiled eggs, with a lumpy tube – the epididymis – that runs over the top & down the back, which is normal.
- 3. You are feeling for any pea size lumps or swelling** on the actual testicle not on the skin / sac.
- 4. If you do find a lump, simply check or compare with your other ball.**
- 5. Go to the doctors immediately IF you find a lump or change 'that is new for YOU!'**

## if you find a lump it could be...

A non cancerous cyst

A fatty nodule

Old sports injury - sometimes  
they leave scar tissue

A twisted vein, but this would be  
painful – you would need treatment

An infection - painful and  
you would need treatment

**If you find a lump it may NOT be  
cancer - only a specialist can tell what  
it is. Go to your GP, arrange a blood  
test and an ultrasound, this is the  
ONLY way they can tell if it is or isn't  
cancer — don't be fobbed off!!**

**check today.  
once a month.  
every month.**

