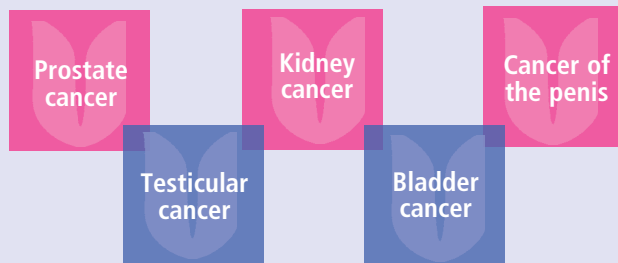


UCARE (Urology Cancer Research and Education) was founded by a group of clinicians, patients and supporters who care about fighting urological cancer.

We are an independent charity committed to improving the treatment and care of cancer patients through research and education.







Urological cancers represent nearly 20% of all cancers diagnosed in the UK each year. Around 18,000 people die of urological cancers in the UK every year, and may not have been aware of the signs and symptoms that lead to early detection and treatment.

Our vision

Finding new ways to fight cancer and give hope, time and brighter futures.

Our aims

-  To support research into the causes, prevention and treatment of urological cancers and related conditions.
-  To promote the development of new technologies that will help to improve the diagnosis and treatment of urological cancers and related conditions.
-  To provide equipment and facilities for research, and for the treatment of cancer patients.
-  To provide information and education about urological cancers.

We all care about cancer. Please help us fight it.

As a registered charity, UCARE depends on friends and supporters, who help us by:

- Giving their expertise to help run and develop UCARE.
- Making donations to support our work.
- Organising and supporting fundraising events.
- Sponsoring our activities.
- Telling friends, family and colleagues about our work.



If you want to know more about UCARE please contact us at:

UCARE, PO Box 677, Abingdon, OX14 9LZ

Tel: 01865 767777

Email: ucare@ucare-oxford.org.uk

Find UCARE on:

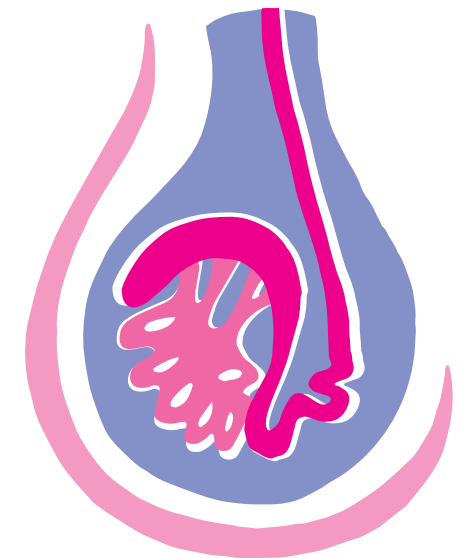


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Front cover image: Testicular seminoma L-ED-3-09-21

With kind support from



Testicular Cancer



Be aware, be informed

Testicular cancer: be aware of the signs and symptoms



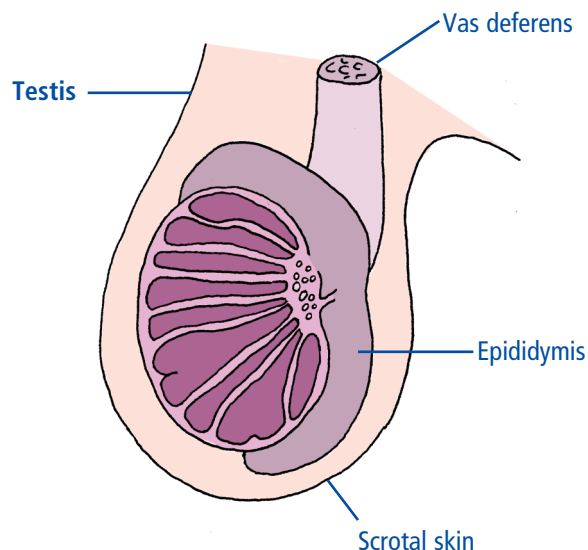
I would like to support the fight against cancer

Testicular cancer is the most common cancer in men aged 20 to 34. It is important for men to be aware of the disease so that they can recognise the symptoms. If caught early, there is over 96% chance of a full recovery.

Symptoms

Possible signs of testicular cancer include:

- A painless lump or swelling in either testicle
- Change in how the testicle feels
- Pain or discomfort in a testicle or in the scrotum



Self examination

Carry out a simple self-examination once a month after a warm bath or shower:

1. Place your thumbs on top of your ball.
Put your index and middle fingers under the ball.
2. Roll the ball between the thumbs and fingers.
3. Feel for any lumps or changes.

Diagnosis and treatment

Your doctor will refer you to hospital for further tests, including a simple scan and blood test. If your test results show that you have testicular cancer, you will be looked after by a specialist multidisciplinary team at the hospital who will decide the correct treatment for you:

- Radiologists who help to analyse scans and x-rays
- Specialist pathologists who analyse the cancer tissue and advise on the type and extent of the cancer
- Surgeons who are experienced in testicular surgery
- Oncologists – doctors who treat testicular cancer using chemotherapy and radiotherapy
- Specialist cancer nurses who give information and support

Early diagnosis is important as testicular cancer is very treatable and curable. Treatment consists of a combination of surgery, chemotherapy and radiotherapy. Following treatment you will be asked to go back to the hospital for regular check-ups.

Research is often complicated, time-consuming and expensive but it provides hope for patients and their families, and leads to more effective ways of treating and preventing cancer. **Please help by giving what you can.**

I would like to give a donation to UCARE of:

£10 £100 £250 My choice £

Please make cheques payable to UCARE

I would like to give a monthly donation to help UCARE plan for the future:

£3 £5 £10 £25

My choice £

(Before you send your completed slip to us, please ask your bank or building society to set up your monthly standing order gift and give them our banking details: CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME10 4JQ, Account Number 00017501, Sort Code 40-52-40. To help us keep accurate records, please give your full name as the reference.)

Title: _____

Name: _____

Address: _____

Postcode: _____

Phone (optional): _____

Email: _____

Increase the value of your donations by 25% – at no additional cost to you!

giftaid it

I am a UK taxpayer.* Please treat all donations I make or have made to UCARE for the past four years as Gift Aid donations until further notice.

*Please be aware that you must have paid an amount of income and/or capital gains tax at least equal to the amount of tax reclaimed by all charities and Community Amateur Sports Clubs on all your donations in the tax year (6th April one year to 5th April the next). We can currently receive an extra 25p for every £1 you donate. Other taxes such as Council Tax and VAT do not qualify. Please let us know if your tax circumstances or name/address change.

Date _____ Signature _____

Please tick the box if you prefer not to receive updates about our work.
We will not share your details with other organisations.

Thank you

www.ucare-cancer.org.uk

ucare
Finding new ways to fight cancer

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