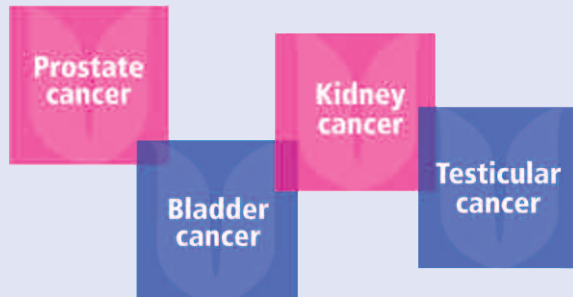


UCARE (Urology Cancer Research and Education) was founded by a group of clinicians, patients and supporters who care about fighting urological cancer.

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

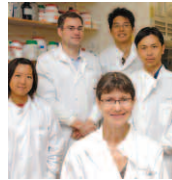
Finding new ways to fight cancer.

Our aims

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

Our projects

Thanks to the generosity of our donors, UCARE has provided significant grants for urological cancer research.



Our current priority is to support researchers who are working to improve treatments available to people with prostate, kidney and bladder cancers. UCARE's largest grant supports clinical trials for an exciting, new anti-cancer treatment, which are being conducted by Dr Macaulay's research team at the Weatherall Institute of Molecular Medicine and the Churchill Hospital.

“ We have set ourselves ambitious fundraising goals because the need is urgent to find new treatments for urological cancers. Your support is vital.”

Ian Kirkham, UCARE Chair of Trustees

To find out more about UCARE and the projects we support please contact us at:

UCARE, HIFU Unit, Churchill Hospital, Oxford, OX3 7LJ

Tel: 01865 767777

Email: ucare@ucare-oxford.org.uk

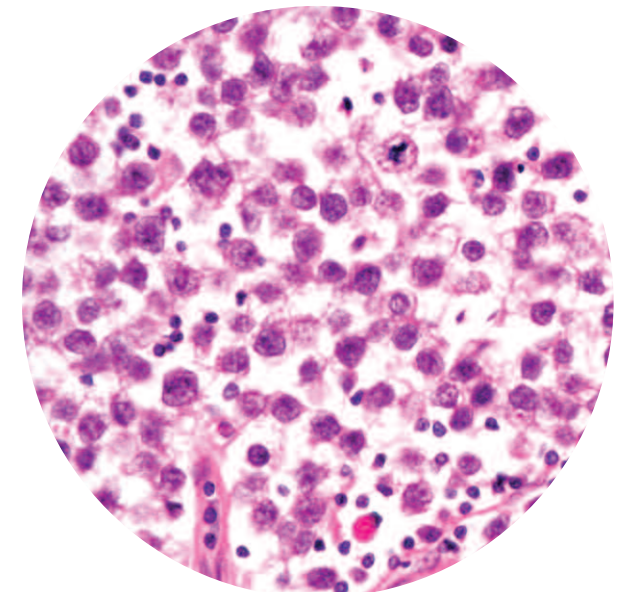


UCARE (Oxford) is a registered charity number 1120887.
© UCARE, 2009
Produced by www.goodthinkingcommunications.net
Front cover image: Testicular seminoma L-ED-3-04-09

With kind support from



Testicular Cancer



Be aware and informed

Testicular cancer: be aware of the signs and symptoms

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
- Dull ache in the lower abdomen or the groin (area where the thigh meets the abdomen)
- Pain or discomfort in a testicle or in the scrotum

Diagnosis

Carry out a fast and simple self-examination which can help you find cancer early. The best time to give your testicles a check-up is after a warm bath or shower once a month, so you can detect any changes in your testicles and get them sorted out as soon as possible.

1. Place your thumbs on top of your testicle.
Put your index and middle fingers under the testicle.
2. Roll the testicle between the thumbs and fingers.
3. Feel for any lumps, about the size of a pea.
4. If you find a lump, see your doctor as soon as possible.

For advice and support for men with testicular cancer, and their family and friends, see the TV-Nuts (Thames Valley) chat forum on the Oxford Cancer Information website: www.oxfordcancerinfo.org.uk

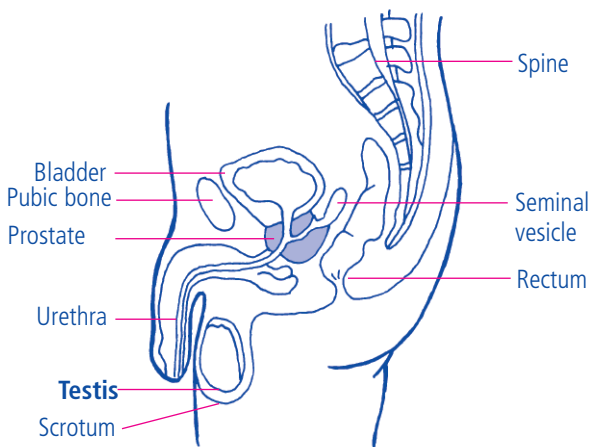
Treatment

Your doctor will refer you to hospital for further tests. If your tests show that you have testicular cancer, you will be looked after by a specialist multidisciplinary team at the hospital who treat testicular cancer and who can give the information and support you need:

- Surgeons who are experienced in testicular surgery
- Specialist cancer nurses who give information and support
- Oncologists – doctors who treat testicular cancer using chemotherapy and radiotherapy
- 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

Early diagnosis is important, as treatment for testicular cancer is usually very successful and most men can now be completely cured. There are three main types of treatment which are surgery, chemotherapy and radiotherapy

After your treatment has finished, you will be asked to go back to the hospital for regular check-ups. At first, these may be every month but they will gradually become less frequent.



I would like to support the fight against cancer

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:

£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: _____

I am a UK taxpayer and I want UCARE to reclaim the tax I have already paid on my gift(s) from 6 April 2007 until further notice. (You must pay income tax / capital gains tax equal to the amount we reclaim on your gifts).

giftaid it

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-oxford.org.uk

ucare
Finding new ways to fight cancer

UCARE (Oxford) is a registered charity, number 1120887. © UCARE, 2008.