

Please feel free to contact any of your Health Champions for help, advice or with suggestions of how to promote health and wellbeing in our school.

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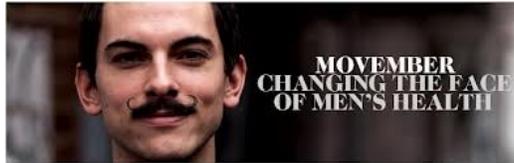
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In case you hadn't noticed, a few of the male staff "Mo Bros" have been changing their appearance this month by growing a moustache for the 30 days of Movember. Movember aims to spark conversation and raise funds to help towards saving and improving the lives of men affected by prostate cancer, testicular cancer and mental health problems. The female staff, "Mo Sistas" have committed to supporting them by helping to promote men's health. If you want to join in and become a Mo Bro or Mo Sista, it's not too late. Just sign up at www.uk.movember.com and join the "Wadebridge School Mo Bros" team. Alternatively please donate at <http://uk.movember.com/team/1662169>

What is prostate cancer?



1 in 8

In the UK, about one in eight men will get prostate cancer at some point in their lives.

- Prostate cancer is the most common cancer among men in the UK with over 40,000 new cases every year occurring when some of the cells in the prostate reproduce more rapidly than normal, resulting in a tumour.
- If left untreated, prostate cancer cells may eventually spread from the prostate and invade other parts of the body, particularly the lymph nodes and bones, producing secondary tumours, known as metastasis.
- Most prostate cancers develop slowly without any symptoms in the early stages.

What are the risk factors?

- Gender: prostate cancer only affects men.
- Age: the older a man, the more likely he is to be diagnosed with prostate cancer.
- Family history: a man whose father or brother developed prostate cancer before age 60 is twice as likely to develop prostate cancer.
- Ethnicity: 1 in 4 black African and Afro-Caribbean males will get prostate cancer.
- Lifestyle: poor diet and lack of exercise can contribute to prostate cancer developing.

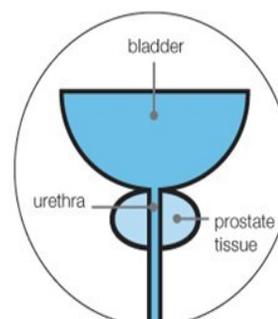
What are possible symptoms?

The majority of prostate cancers have no symptoms. Usually it is only advanced cancers that have spread throughout the prostate (and beyond) that cause urinary symptoms such as:

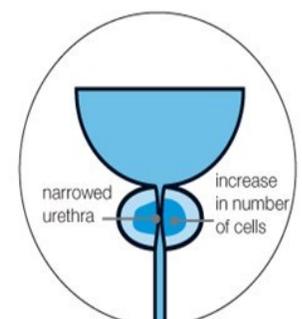
- Urinary issues (slow flow, hesitancy, frequency, urgency).
- Pain when passing urine or blood in the urine or semen.
- Reduced ability to get an erection.
- Painful ejaculation.

These symptoms are also common in many different conditions, not just prostate cancer but if you have any concerns or are experiencing any of the symptoms above it is important to contact your doctor as soon as possible. The earlier a cancer is picked up, the easier it is to treat successfully.

A normal prostate gland



An enlarged prostate gland



What is Testicular Cancer?

Testicular cancer starts as an abnormal growth or tumour that develops in one or both testicles commonly presenting as a small hard lump with swelling or a change in the consistency of the testicle. Some men also experience a dull ache in the testicle or lower abdomen. In the majority of cases only one testicle is affected. **Men who find such an abnormality, regardless of age, should visit their doctor immediately.**

Who is at risk?

Young men between the age of 25 and 49 years are at the highest risk of developing testicular cancer. The causes of testicular cancer are unknown although there are possible factors that may increase a man's risk including:

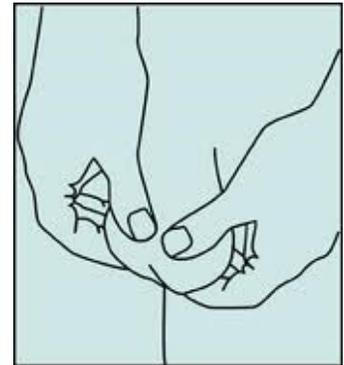
- Undescended testes at birth.
- Family history (father or brother with testicular cancer).
- Previous occurrence of testicular cancer (around one in 25 men who have had cancer in one testicle are likely to develop cancer in the other testicle at some stage).

There is no known link between injury to the testicles, sporting strains, hot baths or wearing tight clothes and testicular cancer.

What are the symptoms?

Testicular cancer may cause few or no symptoms but important warning signs include:

- Swelling or a lump in either testicle (usually painless).
- A feeling of heaviness in the scrotum.
- A change in the size and shape of the testicles.
- Aches or pain in the lower abdomen or groin.
- A sudden build-up of fluid in the scrotum.
- Pain or discomfort in a testicle or in the scrotum.
- Enlargement or tenderness of the breast tissue.



Self-Examination

Regular self-examination of the testicles is important, particularly for men at risk of testicular cancer. Being familiar with the size, shape and usual level of lumpiness can help you work out if something is not quite right. A testicular self-examination can help a man find any changes early so that if treatment is needed it can start as early as possible. **If you have any concerns or are experiencing any of the symptoms above it is important to contact your doctor as soon as possible.**

Mental Health Problems

Mental health problems in men can often go undetected or untreated. There are many reasons for this but it's usually due to a lack of awareness that there is a problem in the first place. Men may not be able to recognise the signs and symptoms that they experience. There is additional pressure due to associated stigma (shame and embarrassment) preventing them from taking action and seeking support. Some men can instead engage in risk taking behaviour, such as excessive alcohol or drug taking, to numb or avoid the real problems they face. To many men, being "manly" means not admitting any vulnerabilities or expressing emotions. However, men are not alone in what they are experiencing and their mental health problems should not be ignored.

Common mental health problems experienced by men are:

- Depression
- Anxiety
- Bipolar disorder
- Psychosis and Schizophrenia
- Eating disorders

If you or someone you know experiences a mental health problem the most important first step is to talk to someone about what you're going through. This could be your doctor, family, friends, or an anonymous person on a support line. Your Health Champions can also signpost you to organisations who can offer support. Support and information is also accessible through the organisations below:

[NHS Mental Health Services](#) provides information on services available for anyone concerned with mental health problems.

[Mind](#) provides information and support to make sure no one has to face a mental health problem alone.

[Samaritans](#) provides a 24-hour confidential service to discuss any difficult issues and find a way through the problems.

[Calm](#) seeks to prevent male suicide offering support to men in the UK, of any age, who are down or in crisis via the Calm helpline and website.

[Papyrus](#) aims to reduce stigma associated with suicide and increase awareness of young suicide through telephone, SMS and email advice services.