

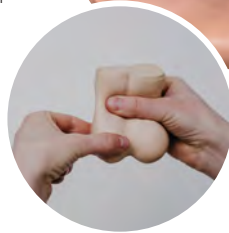


PREVENTION
MANUAL

#boobsandballs

About the manual

This manual was created for the “I touch them every month” campaign - **#boobsandballs**. The campaign teaches people how to take care of their boobs and balls. Why? Only a few people know they should examine themselves once a month in order to discover potential cancer in time. The project also deals with the topics of cervical cancer, colon cancer or skin cancer, for example.



About Loono

In Loono, our aim is to show that prevention matters. We are a team of medical students, young physicians and other professionals like nurses, paramedics and nutritionists. Together, we organize educational workshops at private companies, schools and festivals. The scope of our workshops range from cancer prevention (**#boobsandballs**), to cardiovascular diseases prevention (**#yourheartforlife**) and sexual health (**#alldownthere**). Our workshops consist of clear and understandable information, presented in a positive and lighthearted way, in order to inspire others to care about their well-being.



Loono in numbers

5 years
of existence

80 000
educated
people

6 cities
Praha, Brno, Plzeň,
Hradec Králové,
Olomouc,
Bratislava

1500+
workshops

150
team members

30 000+
fans on social
media

47

Our story

Our founder Kateřina Vacková was diagnosed with a malignant ovarian cancer at the age of 22. Because she listened to the warning signs her body was giving her, she was able to detect cancer at an early stage. As she is now in remission, Kateřina has decided to inspire other young people with her story and founded Loono.

Kateřina



Dear miss, two weeks ago, my son touched his #boobsandballs, as you call it. He told me something was wrong and tomorrow, he is having a surgery. It appears to be malign and he is only 17 years old. Please, wish us good luck and keep inspiring young people to think about their bodies. Best regards, Petr L.



iMessage

Saved lives (people who discovered serious diseases in time thanks to our workshop)

Under the auspices of:



**1. LÉKAŘSKÁ
FAKULTA**
Univerzita Karlova

With the support of:



Společnost všeobecného
lékařství ČLS JEP

The project was realised with the financial support of:



MINISTERSTVO ZDRAVOTNICTVÍ
ČESKÉ REPUBLIKY

What is cancer?

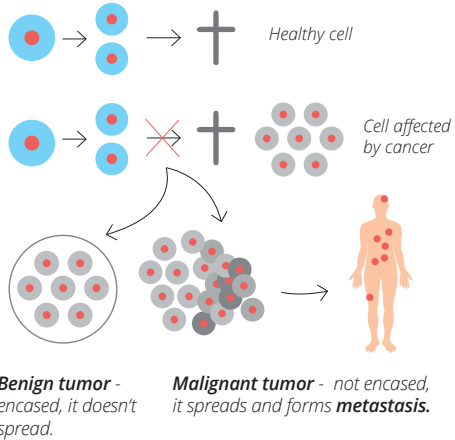
You can imagine cancer as an “out of control” cell multiplication, which can occur in any organ of your body. This affected organ can then grow and push other organs out of their location or even lose its function.

Depending on the severity, we talk about:

Benign tumors - with clear borders, they don't spread across the body

Malignant tumors - they spread across the body by blood and lymphatic system, and form other tumors (metastasis).

How does cancer develop itself?



How does cancer manifest itself?

Cancer can have symptoms, but it doesn't necessarily have to - it can be asymptomatic for a long period of time. The symptoms can be divided into “general symptoms” and “specific symptoms”, depending on the type and location of cancer.

General symptoms:

Weight loss	Nausea, vomiting
Lumps	Pain
Loss of appetite	Specific symptoms*

***Specific symptoms:**

Jaundice - liver, pancreas and gallbladder cancer

Bleeding - from nose, cervix, rectum

Defects of vision, headaches - brain cancer

Diarrhea / constipation - colon cancer

Cough - lung cancer

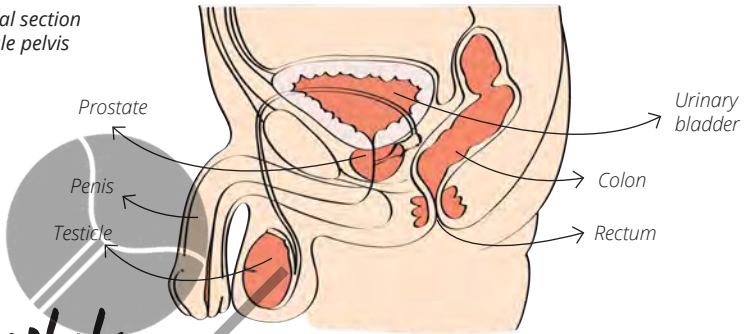
Fractures - bone cancer

Remember - cancer can be asymptomatic!

If you experience anything unusual with your body, go to your doctor!

Men's health

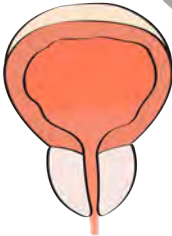
Sagittal section of male pelvis



Prostate

Prostate can be easily described as a “gas station for sperm”. This organ provides sperm with energy and nutrients needed in their long and exhausting run towards egg fertilization.

Healthy prostate



Prostate cancer



A prostate is a gland placed under an urinary bladder, surrounding the urethra. Prostate can push urinary bladder and urethra from below and this can result in following symptoms:

Difficulty urinating

Blood in urine



Intermittent urinating

Frequent urination

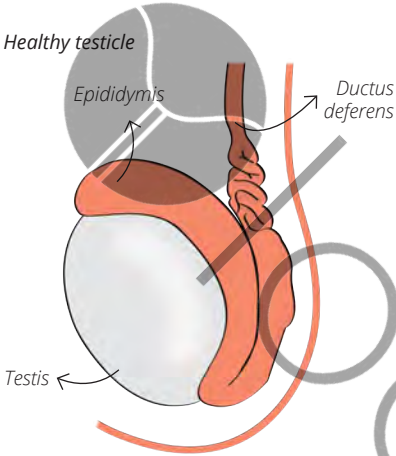
Painful urination



Prostate cancer affects mainly men around the age from 60 to 70.

Testicles

Testicles, testes or balls if you wish, are responsible for the production of testosterone - the male sex hormone. Apart from that, male reproductive cells - sperms - are "born and raised" here, in temperatures lower by 4 °C from the rest of the body.



20

grams - that's how heavy one testis is.

15

million sperm per milliliter of semen.

72

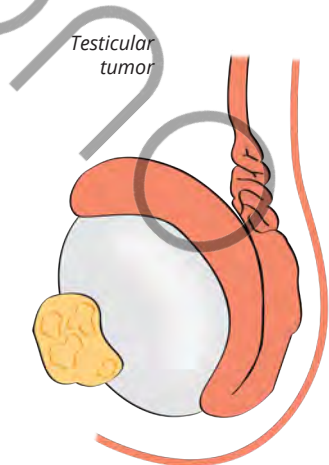
days to develop a fully mature sperm.

How does testicular cancer manifest itself?

Lump	Enlargement
Swelling	Pain



Testicular cancer is the most common type of cancer for men between 15 - 40 years of age.



How to check your balls



1. Do this examination once a month. It's up to you when.



2. Check them in the mirror. Do they look the same as usual?

3. Try to notice:



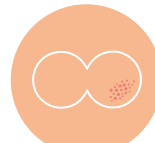
Shape changes



Any changes in size



Lumps



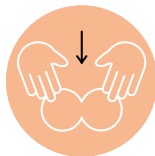
Skin changes



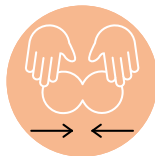
4. Touch them.
TIP: It's best to do so after a hot shower. When they are soft, loose and relaxed.



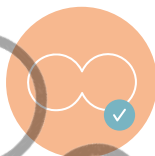
5. Touch them with both hands.
Hold one testis at a time with one hand and gently roll it with the other hand. Thumbs facing front, index fingers and middle fingers facing back.



6. Notice any painful spots, skin changes or hard lumps. Be thorough. Examine the bottom of the testicles and the space between them as well. Don't forget to check your epididymis as well, you can find it on the upper back of the testicles.



7. A sweet reward. Finally, take your balls in both hands and casually massage them to be sure you didn't forget to check anything.



8. If you didn't find anything unusual, we are happy for you! Don't forget to check them again next month!

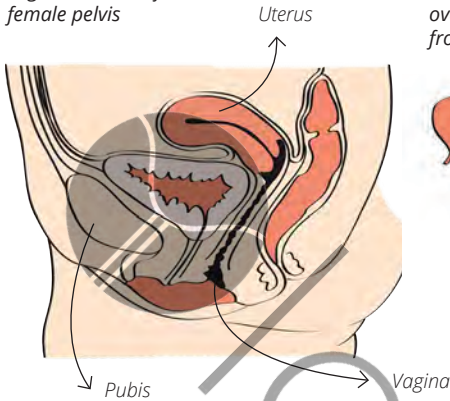


9. If you feel something is not okay, don't panic and go to your doctor. Don't look for advice online, it's useless.

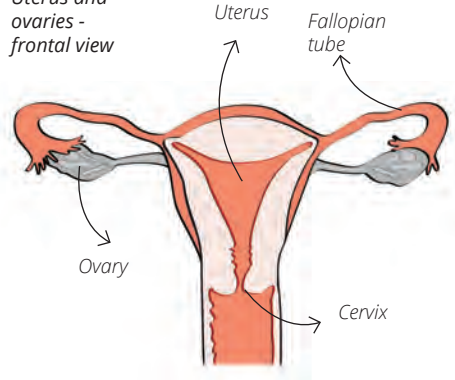
Did you know that up to 30 % of breast or testicular cancer is detected by the partner of the patient? That's why they should know how to check you as well.

Women's health

Sagittal section of female pelvis



Uterus and ovaries - frontal view



Uterus and ovaries

Ovaries are mainly responsible for the production of female sex hormones - estrogen and progesterone. Apart from that, ovaries serve as a reservoir for female sex cells - eggs. If the eggs are fertilized, they implant into the thickened walls of the uterus, which then serves as a small "incubator" for babies.

How does cancer of women genital area manifest itself?

Bleeding after menopause

Irregular periods

Bloody discharge



Did you know that women have about 400 000 eggs but ovulate only about 400 times in total?

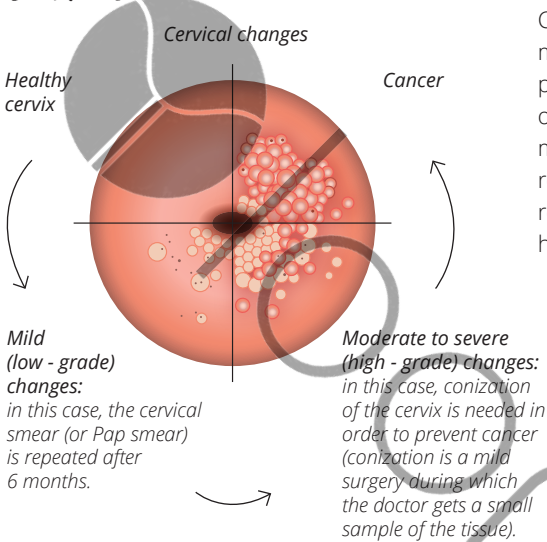


If you experience any of the symptoms, go to your gynecologist!

Cervix

Cervix can be described as a “plug” protecting the uterus from an infection, which can develop in a vagina. At the same time, it secures the baby at its place for the whole 9 months, creating a safe space for its development.

Cervical cancer



Cervical cancer is predominantly caused by human papillomavirus (HPV 16 or 18). This virus transforms healthy cells into cancerous ones and can also be responsible for genital herpes type 6 or 11.



Cervical cancer screening:

A Pap test is a procedure to collect tissue from the surface of the cervix and vagina, performed once a year during the annual check-up.

How to prevent cervical cancer?



Get vaccinated (your gynecologist can recommend you a suitable vaccine both for you and your partner).



Use a condom - it lowers the risks of HPV transmission.



Don't underestimate your genital problems, go to your gynecologist once a year.

How does cervical cancer manifest itself?

Bloody discharge

Bleeding after sex

Lower abdominal pain



Cervical cancer affects mainly women around the age of 40.

Breasts

Breasts, also known as boobs, are mainly responsible for the production of breast milk. However, we can't deny their aesthetic and seductive function. Every woman after 45 should undergo mammography every 2 years. See the annual check-ups page.

55 - 65

the most common age of women with breast cancer.

67

kilocalories - per 100 millilitres of breast milk - which is more than one beer.

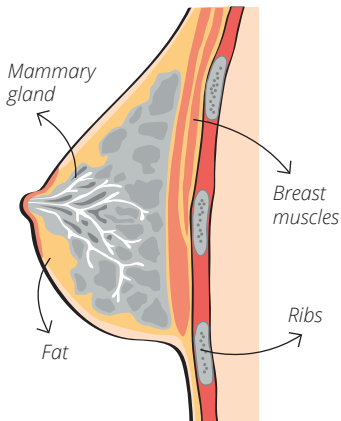
500

grams - the weight of one average breast.

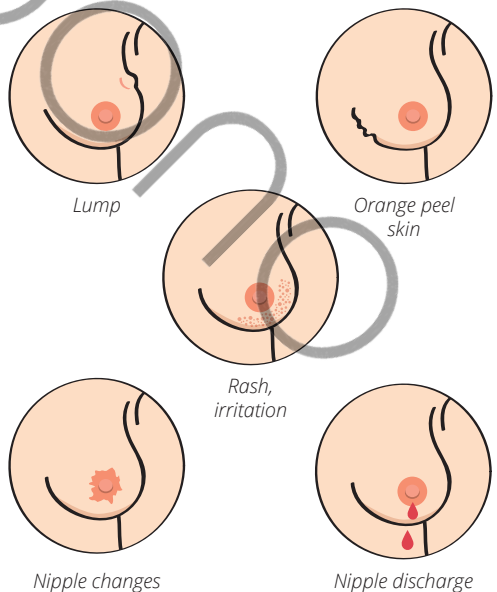
D

average size of breasts in Czech Republic.

Breast anatomy



How does breast cancer manifest itself?



How to check your boobs



1. Do this examination once a month.
TIP: It's best to do it 3 - 5 days after your period. If you don't have periods, just choose a day that suits you best.

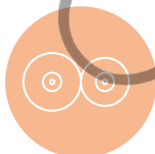


2. Check them in the mirror. Do they look the same as usual?
TIP: Raise your hands and check them again.

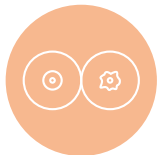
3. Try to notice:



Shape changes



Any changes in size



Changes in shape of your nipples



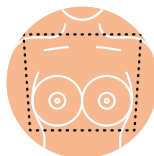
Nipple discharge



Skin changes



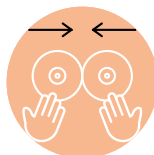
4. Feel them
Use three fingers. Keep them together and slowly touch your boobs in a circular motion. Then add a little pressure to check deeper layers of your skin.



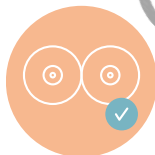
5. Check the entire breasts. From your collarbone to the bottom of your bra. Notice any skin changes, painful spots or hard lumps - both on the surface and inside your breasts.



6. Use an opposing hand. Always use your left hand to touch your right breast and your right hand to touch your left breast. If you have big boobs, check them while standing first and then do it again while lying down on both sides.



7. A sweet reward! Finally, take your boobs with both hands and casually massage them to be sure you didn't forget to check anything :-).



8. If you didn't find anything unusual, we are happy for you! Don't forget to check them again next month!



9. If you feel something is not okay, don't panic and go to your gynecologist. Don't look for advice online, it's useless.

Large intestine

The large intestine is 1.5 meters long. It is the last part of a digestive tube, connected to small intestine.

Colon cancer is the 3rd most common type of cancer in the Czech Republic.

Colon cancer is most often manifested by:

Weight loss

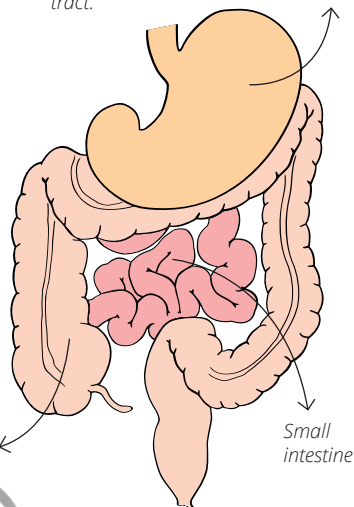
Diarrhea

Constipation

Rectal bleeding
(Fecal Occult Bleeding)

Digestive tract:

Stomach



Large intestine

Small intestine



If you experience any of the symptoms, go to your general practitioner.

How to prevent colon cancer?

The best prevention is a healthy diet (enough fruits and vegetables, reduction of red meat and alcohol). It is also highly recommended to talk about colon cancer screening methods with your GP.

TIP: See the annual check-ups page.



Eat plenty of fruits and vegetables.



Reduce consumption of red meat and alcohol.

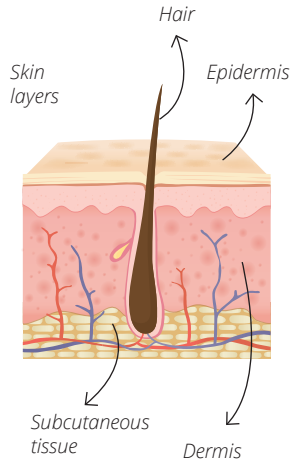


Go to preventive check-ups to your general practitioner.

Skin

Skin is the largest organ of your body. It protects you from cold, various infections and last but not least UV radiation. It also serves a major role in production of vitamin D.

How does skin cancer manifest itself?



A - ASSYMETRY

Is your birthmark **asymmetrical**?

B - BORDER

Does your birthmark have no apparent **borders**?

C - COLOUR

Is there a sudden change of **color**?

D - DIAMETER

Is the **diameter** of your birthmark bigger than 0,6 cm?

E - EVOLUTION

Can you spot any **evolution** or other changes in your birthmark?

Skin cancer can be easily recognized by certain changes in your birthmarks. Do this self check-up once a month to detect them. If you answer "yes" to at least one of the questions above, go to your doctor.

How to prevent skin cancer?



Stay away from the sun between 11 a.m. to 3 p.m.



Wear suitable clothing and glasses.



Use sunscreen every 2 hours.



Check your skin once a month (the "ABCDE method" above).



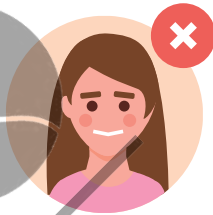
Go to your annual check-ups.

What to do if

4 important steps when you think something is wrong with your body.



Don't panic



Don't be shy or ashamed



Don't look for advice on the internet



Go to your doctor

a)

Your **general practitioner** can help you with colon and skin problems. He or she can also write you a recommendation for breast or testicle examination.

b)

Your **gynecologist** can help you with irregular periods and with breast changes.

c)

Go to **mammology** in case you think something is wrong with your breasts.

d)

Your **urologist** can help you in case you think something is wrong with your balls or prostate.

e)

Your **dermatologist** can help you with skin and birthmark problems.



IMPORTANT: You can call your doctor beforehand and tell him / her you discovered some changes in your body. It will speed up the appointment process.

Annual check-ups

General practitioner

Every 2 years (30 min)

Before the exam:

- Blood and urine collection (to check levels of sugar and cholesterol)

During the exam:

- Talk about your family and personal history
- Physical examination of your heart, lungs and abdomen
- Blood pressure and BMI check
- Sight, hearing and birthmarks check
- Vaccinations check
- EKG after the age of 40.

Cervical cancer screening (Pap test): A Pap test is a procedure to collect tissue from the surface of the cervix and vagina, performed once a year.

Gynecologist

Once a year (20 min)


During the exam:

- Talk about your family and personal history
- Colposcopy on the chair
- Cervical smear (cytology)
- Ultrasonography (vaginal or abdominal)
- Breast examination (if you want one, we recommend it).

Colon cancer screening: It's done by a fecal occult blood test (FOBT) to check for any hidden blood in the stool, or by a colonoscopy.

- Between the age of 50 to 55: a FOBT once a year.
- After the age of 55: a FOBT every 2 years or a colonoscopy once a decade.

Breast cancer screening: Go to mammography every 2 years after the age of 45 (depending on your insurance).

 TIP: Monthly self-check of your boobs is a great addition to these annual exams. Learn how to do it at <https://www.loono.cz/en/self-examination>.



For more information go to: www.loono.cz/en

Dentist

Once a year (15 minutes)

During the exam:

- Talk about your family and personal history
- Teeth and gums examination
- X-ray of interdental spaces
- Evaluation of your oral hygiene
- You can also visit a dental hygienist to learn how to brush your teeth properly.

Mammology

Every 2 years (20 min)

During the exam:

- Ultrasonography (until the age of 40) or mammography (after the age of 40) of your breasts
- Ultrasonography (until the age of 40) or mammography (after the age of 40) of your breasts.

*Men should not forget to self-check their balls once a month and to visit their urologist when they turn 50.

*You can get your birthmarks checked by your GP or dermatologist.

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We need **your help** to educate even more people.

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bit.ly/DarujmeLoono



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merchandise at
shop.loono.cz



Recommend our workshops
to private companies or
schools via loono.cz



Follow us

Are your **#boobsandballs** all right? Tag us on your photo with **#boobsandballs** and maybe you can inspire someone else to start caring about their health.

Register at www.loono.cz/en to receive our newsletter. Every month, we will send you some tips on how to take care of your health.

Do you like what we do
and want to support
us in any other way?
Contact our founder at
[katerina.vackova@
loono.cz](mailto:katerina.vackova@loono.cz)

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