

DOES YOUR WIFE
HAVE YOU BY
THE BALLS?

HAS YOUR
GIRLFRIEND GOT
A GRIP ON YOUR
GONADS?

WE THINK IT'S TIME FOR A...

DT38 LAD'S NIGHT OUT!





AND WHAT BETTER REASON FOR A LAD'S NIGHT OUT THAN TO RAISE MONEY FOR THE DT38 FOUNDATION TO HELP SPREAD TESTICULAR CANCER AWARENESS.

All you have to do is:

- Get a group of mates together
- Choose a date
- Choose a venue
- Follow the rules provided in this Lad's Night out pack.

Now for the hard part - You need to get your permission slip signed by your significant other... Buzzing if you're single right now.

PERMISSION SLIP

I GIVE PERMISSION FOR TO USE THIS
PUB EXCUSE TO JOIN HIS MATES TO DISCUSS THEIR HEALTH.

I TRUST WILL FOLLOW THE TERMS AND CONDITIONS
CAREFULLY. FAILURE TO COMPLY WILL RESULT IN CHOCOLATES, FLOWERS, SHOPPING
SPREES AND THE RIGHT TO USE THE CREDIT CARDS WHENEVER MY HEART DESIRES.

..... HAS ENCLOSED HIS £10 ENTRY FEE TO DT38 LAD'S NIGHT OUT.

SIGNED PHONE NUMBER (IN CASE OF EMERGENCY)

DT38 LAD'S NIGHT OUT

RULES AND REGULATIONS

CONGRATULATIONS... IF YOU'VE MADE IT THIS FAR YOU ARE ATTENDING YOUR FIRST DT38 LAD'S NIGHT OUT TO HELP RAISE FUNDS FOR THE DT38 FOUNDATION AND FOR YOU TO TAKE YOUR BALLS INTO YOUR OWN HANDS... LITERALLY!

As a group you need to nominate a designated accountant. This person is responsible for collecting money leading up to and on your Lad's night out.

What you need to do to ensure your night out is successful:

- Read the information provided about the DT38 Foundation
- Study your testicular cancer fact sheet prior to your night out
- Read the self- check sheet and conduct a self- check before the night out- £5 fine if you don't do it
- Your first task on your night out is to complete your testicular cancer quiz. Anyone who scores less than 9/10 gets fined £5
- Choose a designated word that the team can't say through the night. Every time someone says it fine them £1
- Every time a wife/ girlfriend calls or texts it is a £1 fine
- Most outrageous outfit gets fined £5- this is a team decision and majority rules
- Vomiting £10 fine
- Any consumption of fast food £5 fine
- Anyone who wakes their significant other when they get home will be given a £25 fine
- If you don't go to work the next day you will be fined £25.

They are some of our set rules and regulations but you have the freedom to add to them to suit your group of lads. Get creative with your fines to help raise funds for the foundation.

Unfortunately we can't attend all of your nights out but tag us on Twitter, Instagram and Facebook with pictures (appropriate of course) of your Team DT38 on your lad's night out. The best pictures will be posted on our social media page and you will be in the running to win some DT38 merchandise for your team.

The designated accountant is responsible to deposit the funds into the DT38 Donation Page <http://uk.virginmoneygiving.com/charity-web/charity/finalCharityHomepage.action?charityId=1010204> or deposit funds into the DT38 Bank Account Barclays Bank Account Sort Code 20-89-15 Account Number 63814084.

We trust you will have an absolute ball of a night and we thank you in advance for supporting the DT38 Foundation and for taking a hands on approach to your health.

Add our facebook, instagram, twitter and website links below.



Website www.dt38.org



Facebook [facebook.com/dt38foundation](https://www.facebook.com/dt38foundation)



Twitter [@dylantombides](https://twitter.com/dylantombides)



Instagram [@dt38foundation](https://www.instagram.com/dt38foundation)

DT38 FOUNDATION

INFORMATION SHEET

THE DT38 FOUNDATION HAS BEEN SET UP IN MEMORY OF DYLAN JAMES TOMBIDES. DYLAN WAS AN AUSTRALIAN INTERNATIONAL AND WEST HAM UNITED PROFESSIONAL FOOTBALL PLAYER WHO PASSED AWAY AGED 20 IN APRIL 2014 AFTER A 3 YEAR BATTLE WITH TESTICULAR CANCER.



The West Ham Family thought so highly of Dylan that they retired his number 38 and made DT38 one of their principal charities.

The charity has been formed as a result of Dylan being misdiagnosed. Our vision is to change the way testicular cancer is diagnosed by implementing best practice diagnostic guidelines for patients who present with testicular symptoms. We also aim to arm future generations of young men with the necessary knowledge about testicular cancer that will enable them to be confident when taking health matters into their own hands. Our mission is to raise awareness and change the stigma associated with men's health issues with a focus on testicular cancer. We aim to do this through providing educational programmes and opportunities for the youth of our community, to help shape a generation of children who are self-aware about their health and wellbeing.

The charity was launched on the 28th February 2015 in the United Kingdom when West Ham United came up against Crystal Palace at Upton Park. At the 38th minute mark the spectators from both sides stood and clapped as a mark of respect. The charity officially launched in Australia on September 1st 2015 when Premier Colin Barnett and the Tombides family unveiled a bronze statue of Dylan outside NIB Stadium- Perth's home of football. Both events were extremely momentous occasions and highlight the high regard in which Dylan was held both as a footballer and a person.

“THE WEST HAM FAMILY THOUGHT SO HIGHLY OF DYLAN THAT THEY RETIRED HIS NUMBER 38 AND MADE DT38 ONE OF THEIR PRINCIPAL CHARITIES.”

DT38 FOUNDATION

INFORMATION SHEET CONT.

The charity has come about as a direct response to Dylan's personal story and the current status of testicular cancer awareness in society.


- Testicular cancer affects younger men aged 15- 49.
- The rate of men diagnosed with testicular cancer has grown 50% in the past 30 years and the reason is unknown.
- The survival rate is 98%.
- There is currently no routine screening tests in place for testicular cancer. We at the DT38 Foundation believe that awareness is the key to addressing this illness. We know that our vision and mission clearly state the changes we plan to bring about in the future.

We are calling on you to support our foundation and help raise funds to assist us in achieving these key milestones:

- Publish a children's picture story book and teaching programme linked to United Kingdom and Australian Curriculum. We plan to use this programme to provide awareness about testicular cancer and general health and wellbeing in schools and community organisations.
- Develop self- awareness programmes and deliver testicular cancer awareness campaigns in schools and wider community organisations
- Work with medical researchers to enhance early detection
- Introduce medical screening routines and accessible facilities.

We at DT38 recognise the potential impact we can have on a large scale and are proud to be part of an organization like ours. We believe that we have the correct structures and procedures in place to assist us in developing our key milestones and we look forward to continuing to spread the DT38 message with the world.

We thank you in advance for your generosity and for joining us on our mission.



**“THE RATE OF MEN
DIAGNOSED WITH
TESTICULAR CANCER
HAS GROWN 50% IN
THE PAST 30 YEARS”**

TESTICULAR CANCER FACT SHEET

THE TESTICLES

The testicles (or testes) are two small oval-shaped organs in the scrotum, that hangs below the penis. Often one testicle hangs a little lower than the other one. This is perfectly normal. The testicles are the primary male reproductive organ. From the age of puberty, around 14 years of age, the testicles make sperm, the male reproductive cell. They also make the hormone testosterone. This hormone is responsible for male characteristics such as a deep voice, body and facial hair growth, muscle development and sexual feelings (libido).

“THE MOST COMMON SIGN OF TESTICULAR CANCER IS A SWELLING OR A SMALL HARD LUMP IN PART OF ONE TESTICLE.”

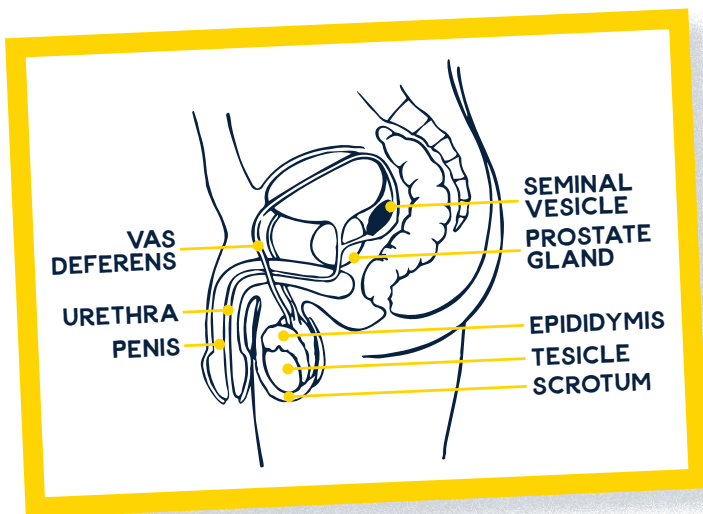
HOW COMMON IS THIS CANCER?

It is not a very common form of cancer, but it is one of the most common cancers in males aged between 15 and 45 years.

WHAT ARE THE SIGNS AND SYMPTOMS OF TESTICULAR CANCER?

The most common sign of testicular cancer is a swelling or a small hard lump in part of one testicle.

Most males with testicular cancer notice a difference between the shape and texture of their testicles. One grows larger, becomes harder or changes shape compared with the other. Any difference between the two testicles should be treated as an early warning sign and should be checked by your doctor. Tumours are often painless but some men have described an ache in their lower stomach or groin, or a pain in one of their testicles. Some describe a feeling of 'heaviness' in the scrotum. Most lumps are not cancerous, but a man who experiences any of the changes mentioned earlier or any discomfort in the testicular area, should contact their doctor immediately. Prompt diagnosis and treatment can cure most cases of testicular cancer. Don't wait or think that because there is no pain that there is nothing to worry about. If left untreated, the cancer can spread to other parts of the body.



WHAT IS TESTICULAR CANCER?

Like other cancers, testicular cancer is a disease of the body's cells. Sometimes cells don't grow normally. When these abnormal cells reproduce they form a lump or tumour. A tumour can be either malignant (cancer) or benign (noncancerous). In testicular cancer the cells in the testicle have grown abnormally. The cancer usually grows in only one testicle. If the cancer is not treated it may spread to other parts of the body. Although the causes of testicular cancer are not well understood, recent developments in treatment make it one of the most curable cancers.

TESTICULAR CANCER FACT SHEET CONT.

TREATMENT FOR TESTICULAR CANCER

An operation to surgically remove the cancer affected testicle (an orchidectomy) is the usual treatment for testicular cancer. Chemotherapy or radiotherapy, or a combination of these, may also be used to treat testicular cancer. The type of treatment will depend on the type of cancer, and whether it has spread beyond

the testicle. Some treatments do have side effects. Any effect on fertility is usually temporary, and the remaining testicle produces enough sperm to maintain fertility. In a small number of cases fertility may be a problem. Speak to your doctor about fertility before you start treatment. There is not normally any change in a man's ability to have erections or engage in sexual intercourse.

THOSE AT RISK

Although the cause of testicular cancer is not fully understood, it is known that a man who has had an undescended testicle (known as cryptorchidism), is at increased risk of developing testicular cancer later in life. This is still a risk whether it was treated during childhood or not. Please seek advice from a doctor.

OTHER RISK FACTORS INCLUDE:

- Being a man aged between 20 and 40
- Having a father or brother with testicular cancer
- Having a wasted (atrophied) testicle
- Previous inflammation of a testicle caused by mumps
- History of fertility problems
- Previous testicular cancer

If you are at higher risk of testicular cancer, discuss this with your doctor.

TESTICULAR AWARENESS

All men should be aware of the normal look and feel of their testicles and check with their doctor should any unusual signs or symptoms occur. What is important is that any discomfort, pain, swelling, or change to the normal condition of the testicles is reported to a doctor without delay.

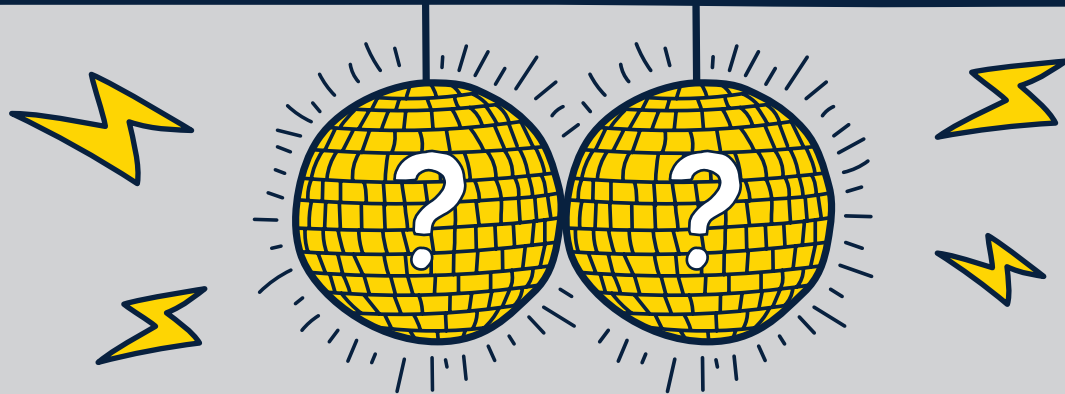
REMEMBER:

Testicular cancer is one of the most curable cancers when found early. Men need to see a doctor if they find any difference between their testicles or if they are in a high risk group. Don't let embarrassment get in the way of seeing your doctor and discussing the issue of testicular cancer.

Source: Cancer Council Western Australia



TESTICULAR CANCER QUIZ



PLEASE ANSWER BY CIRCLING TRUE OR FALSE TO THE QUESTIONS BELOW

1. THE TESTICLES ARE TWO SMALL OVAL- SHAPED ORGANS IN THE SCROTUM **T/F**
2. THE TESTICLES HANG ABOVE THE PENIS **T/F**
3. TESTICULAR CANCER IS A DISEASE OF THE BODY'S CELLS **T/F**
4. THE CANCER USUALLY GROWS IN BOTH TESTICLES **T/F**
5. TESTICULAR CANCER IS THE MOST COMMON CANCER IN MALES AGED BETWEEN 15 AND 45 YEARS **T/F**
6. THE MOST COMMON SIGN OF TESTICULAR CANCER IS A SWELLING OR SMALL HARD LUMP IN PART OF ONE TESTICLE **T/F**
7. PROMPT DIAGNOSIS AND TREATMENT DECREASE YOUR CHANCES OF CURING THE CANCER **T/F**
8. IT IS CRUCIAL TO ASK FOR AN ULTRASOUND SCREENING WHEN YOU VISIT A DOCTOR **T/F**
9. YOU ARE NOT AT RISK OF TESTICULAR CANCER IF YOUR FATHER OR BROTHER HAD IT **T/F**
10. TESTICULAR CANCER IS ONE OF THE MOST CURABLE CANCERS IF DETECTED EARLY **T/F**



www.dt38.org