

Love your Nuts

Testicular Cancer Education in a Nutshell

Mission

The goal of **Love Your Nuts** is to raise awareness of testicular cancer by educating communities about the “rarely spoken about” cancer that often remains undetected in young adults due to our diverse society in South Africa, where cultural taboos, stigmas and a lack of knowledge about the subject is plentiful.



www.loveyournuts.org

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What motivates me?

I was a teacher when I had testicular cancer 1995. Since then I explained the risk of testicular cancer every year in class to make the boys aware.

A former student of mine invited me for coffee in 2006 and said:
"... because you made us aware I went to the doctor in time. I've got testicular cancer too. I'm 16 and you saved my life!"

Inspired by my student I've started Love Your Nuts.

I would like to make men aware of this young man's cancer
(most common in the age group 15 to 40).

As a survivor I would like to encourage cancer patients not to give up.

Torsten Koehler



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Organisation Summary

Love Your Nuts is a testicular cancer campaign programme serving teenage boys and their fathers (prevalence age group diagnosed with testicular cancer). The campaign's focus is to raise awareness of testicular cancer by educating communities affected by this disease in order to increase their survival rate amongst South African's male population.

The organisation in a nutshell:

- **The Cancer Smart Schools Programme/Mobile App:** Currently there is no information on cancer in the South African school syllabi. Love Your Nuts aims to fund the implementation of this school programme at all SA schools through its initiatives.
- **Educational Stage play "Nuts about you!":** In a humorous way the message to look after your health/body comes across – not for boys only! This punchy comedy is to be eventually presented to senior high school students across South Africa and abroad.
- **Medical advisory team:** Urologists and oncologist voluntarily give advise anonymously.
- **Partnerships** with national and international testicular cancer campaigns.
- **Educational talks** at school, sport clubs, events and corporates.
- **Awareness through sport:** Runner, cyclists, swimmers, Durban hockey team, etc branded in Love your Nuts gear to raise awareness and funds
- **Ambassadors** to strengthen the network: testicular cancer survivors, celebrities, role models, etc
- **Open to any nuts idea:** Zirk Botha will row from Cape Town to Rio in November 2020 with no safety boat or yacht accompanying him.



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Cancer awareness talks at schools



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Educational Stage play “Nuts about You!”



Inspired by Torsten’s book “Love your Nuts – Testicular cancer touched my life” Aldo Brincat wrote this punchy comedy.

In a humorous way the message to look after your health/body comes across – not for boys only!



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Cancer awareness talks at Corporates



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TV interviews SABC, News24, Afternoon Express & ED Sexual Health Talk Show

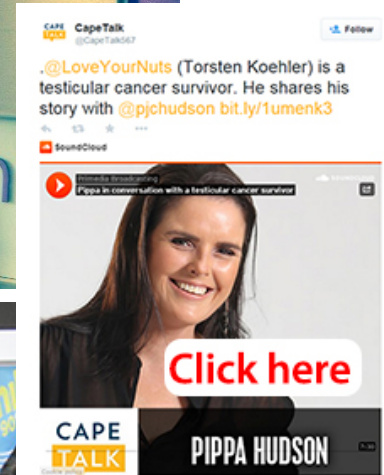


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Cancer awareness talks on numerous **radio stations** nationwide



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Fun run in scants helps campaign to raise awareness of testicular cancer

IN AN initiative to raise awareness of the dangers of testicular cancer, which affects many young men globally, 36 people joined in a cancer fun run wearing only underwear and caps.

The initiative, organised by the Hospice Palliative Care Association of South Africa (HPCA-SA) and held in Mouille Point this week, was arranged to get men involved in issues remains undetected in young adults.

The goal of the race was to raise awareness of testicular cancer by educating communities about the "rarely spoken about" cancer that often remains undetected in young adults.

Due to the diverse society in South Africa, where there are certain cultural taboos, stigma and a lack of knowledge about the subject are plentiful. Four women were among the participants in the fun run.

Torstein Koehler, chief executive of Love Your Nuts, the organisation behind the race, said yesterday that testicular cancer affected many young men aged between 15 and 30. "Although cured, like all cancers, it can recur," said Koehler.

He said symptoms included pain, swelling and lumps in the testicles. "Surgical removal of a testicle will not affect fertility," he said.

Chemotherapy on the other hand, can harm sperm count and quality," he said. "Sperm banking may then be considered."

He encouraged all men to see a doctor and get a test every month carefully feel both testicles for thickening and lumps.

"The best time to do this is when the scrotum is limp and soft, when outside temperatures are warm," said Koehler. — Staff writer



JOG IN JOCKS: It was all fun in Mouille Point when men and women of different ages took part in a fun run wearing only



6 Thursday September 11 2013 NEWS Atlantic Sun

Testicular cancer in a nutshell



■ Testicular cancer survivor Torstein Koehler with his book Love Your Nuts.

With a work of discovering the lump, following scans and tests, the doctor removed the testicle because of the "aggressive" cancer. This was followed by chemotherapy.

After he was cleared of cancer, Torstein resigned, sold his car and decided to backpack across the world to regain his own life. Before he left Namibia, Torstein compiled a summary of letters he had written to his friends in Germany for his old language at the school to send home as a memento of his struggles and experiences in the UK, Ireland and America, as a testicular cancer survivor.

Through his travels, Torstein met a lot of people who did not know of testicular cancer. "While working as a camp in Namibia, he wanted to visit Budapest during his work off that it was expensive to get to for the first special — a flight to New York."

Talking a helicopter pilot over Manhattan, the first time on his bucket list, was more emotional for Torstein.

"There was one life I changed," he says. "Saddam Hussein was here and there and there was one life I changed."

"I've done it early, wanted to change it because there is no pain," he explains. "That is why I make young men aware because nobody knows it's a young man's cancer. They see it as cancer in an old man, you are gone within a year."

Torstein, who is certain he has not been cured in Namibia.

He says he has visited most of all ages to see his on his bucket list. Torstein decided to do his bucket list of things to do in his life before he dies.

He has done a lot of things after reading about testicular cancer in a child show's book that he had bought in Germany for his Grade 7 pupils. In preparation for a new education lesson.

"I have all these notes such as every piece for my book. With cancer taking half of these notes, you feel the half a man and they don't feel complete anymore. You could compare it to a woman who has been removed," he says, adding that men are often impotent if they had a testicle removed.

On Sunday August 10 Torstein, the one African man among 250 participants, finished his 2000-mile journey from the UK, Ireland and America, as a testicular cancer survivor.

"We are in contact with other survivors who are doing campaigns in their countries," he says. "We have been through the same thing so you inevitably connect."

Torstein is linked to 130 worldwide cancer survivors worldwide on Facebook who are identified by middle names that have a reference to the situation, such as "Survivor" or "Cancer".

Being things talks and getting involved with awareness campaigns, Torstein also often hands out copies of his book for free — even though they are sold at Amazon.

"I give talks, I hand out my book for free and create."

"I don't make money out of it. It's much more about raising a bit that can help R100 for a book."

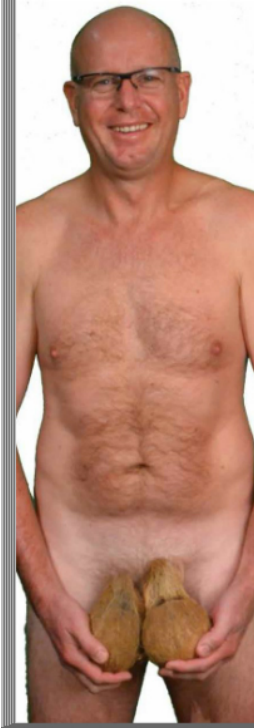
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On the book of the book, signed for the Atlantic Sun, Torstein says: "To all the people who have read my book 'Love Your Nuts' — you are the right one!" Torstein can be contacted on Facebook at www.facebook.com/loveyournuts or on Twitter @torstein1980 or on his website www.loveyournuts.com

Bros By Eljze Benekic

LOVE YOUR NUTS
Testicular Cancer Education in a Nutshell
www.love-your-nuts.com



Torstein Koehler is a halcyon testicular cancer survivor who this year has officially been cancer free for 19 years. He was born and raised in Windhoek, Namibia. At the age of 30, Torstein was diagnosed with testicular cancer whilst educating young teenagers about "sex education" at a school. "I discovered a change in my testicles and was worried, so I went to the doctor. The diagnosis was cancer. I was lucky since they could operate right away. After receiving chemo, I was saved from death."

Yet then the real fight for life started as Torstein lost his passion for living and fell into deep depression — a typical reaction for cancer patients. Torstein was working as deputy principal at a government school, but sought an alternative method of dealing with his problems. "I gave up all secure living and started off on a long journey, around the world and back to myself. I spent two years on this endeavour."

In 2007 Torstein moved to Cape Town where he still resides today. At present he is following his passions, photography and design, after leaving the teaching profession in 2005.

Since being diagnosed with testicular cancer, Torstein has gone on a mission to raise awareness of the disease, and to educate and empower boys and men of who they should "love their nuts enough to check them regularly."

"We make jokes that are below the belt, but as soon as it gets serious there, we don't talk. I think men are scared they are not man enough anymore if they go through testicular or prostate cancer."

Testicular cancer most commonly affects men between the ages of 15-30, and the youngest affected testicular cancer survivor that Torstein has met was 12 years old. The sad truth is testicular cancer often goes undetected in boys and men because people are too shy to talk about it.

"Since my diagnoses of testicular cancer, I explained the risk of testicular cancer every year in class to make the boys aware. A former student of mine invited me to coffee in 2006 just to say thank you that I made them aware."

Because of that he went to the doctor in a way and was saved at the age of 10! Making a difference in one person's life makes it worthwhile standing up for cancer and this energises me to talk "balls" as much as I can!"

If testicular cancer is detected early, statistics indicate the survival rate is 96%.

Known for shedding light on this subject that most boys and men shy away from, in an enterprising way that breaks the ice a bit, Torstein has released the "Love Your Nuts" book, which is about his journey and fight against cancer. The book was published internationally in 2011 in English. He also just launched a special awareness and education project under the umbrella organisation, People Living with Cancer (PLWC) called Love Your Nuts - Testicular Cancer Education in a Nutshell.

The successful LIVENSTRONG school programme from the USA will be adapted for use in the South African school environment. The content of the cancer book for students consists of cancer information, cancer treatment, and how to support those living with cancer. For the teachers it includes a manual on how to generate classroom discussions about cancer information, cancer treatment, and how this material will help students to cope with and learn about cancer, as well as get involved in the fight against cancer in your community," Torstein explains.

If you/your company would like to get involved and support health issues in South Africa and help Torstein educate the young generation about cancer, contact him at talkballs@love-your-nuts.com, or visit his website www.love-your-nuts.com for more information.

Torstein Koehler's message to readers:

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Nuts & Bolts Rally

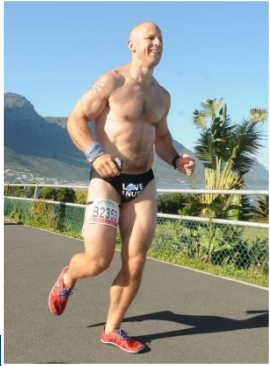
The rally simulate a cancer journey: the road/journey is rough, it's ups and downs, it's breakdowns where you need buddy support to get going again.



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Runners - nationwide

Branded **Love Your Nuts** running shirts & vests are available for corporates or individual runners who like to support the foundation



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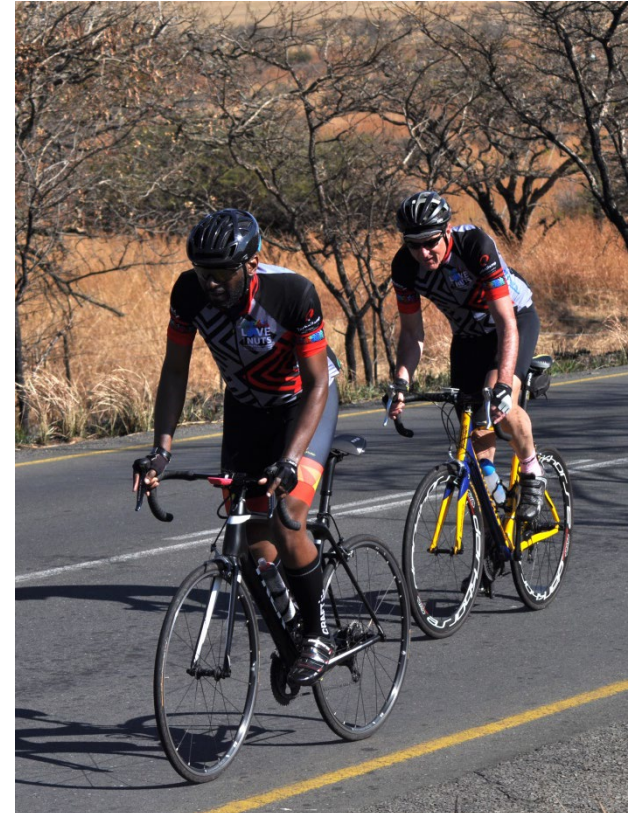
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Cyclists participating nationwide

Branded **Love Your Nuts** cycling shirts are available for corporates or individual cyclists who like to support the foundation



Images are from the awareness cycle tour Joburg to Durban.
739 km – 5 days

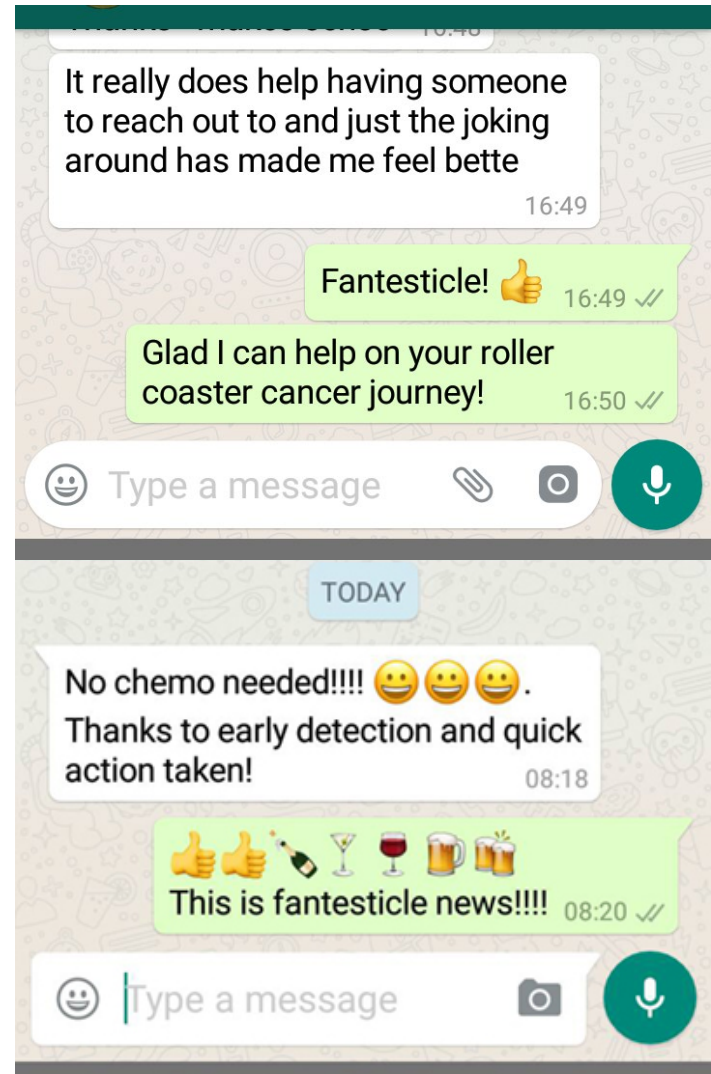


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Testicular Cancer Patient Support



Campaign Service History

The founder of **Love Your Nuts** has to date been actively involved in the following initiatives:

- Chair of the Working Committee on male cancers in South Africa – Cancer Alliance South Africa
- Guest speaker at Testicular Cancer World Summit, Medical university of Colorado, Denver, USA – 2017
- University of Cape Town ordered Torsten’s book “Love Your Nuts” for all first year medical students
- Guest speaker at Cancer Research Initiative, University of Cape Town
- Educational stage play “Nuts about you!” performed the first time in Cape Town - 2017
- Guest speaker at the Men's Health Seminar of SORSA (Society of Radiographers of South Africa)
- Guest speaker at the University of Western Cape – medical students and nurses
- Interviews at TV stations: News 24, SABC 3 Morning Espresso Show, Afternoon Express, ED190 (DSTV) Sexual Health Talk Show, Cape Town TV
- Interviews at radio stations: KFM, 5FM, Radio 702, PowerFM, Smile90.4FM, CapeTalk, JacarandaFM, Bokradio, BushRadio, RadioWave, Namibian Broadcasting Cooperation, Hitradio Namibia
- Articles published: Cancer Knowledge Network – Canada, Cancer Treatment Website – USA, Cape Times, Cancer Buddy Magazine, German Medical Aid Magazine, The Citizen, Atlantic Sun, ICON (Independent Cancer Oncology Network) Magazine and more
- Testicular Cancer Trek (an international awareness hike) up Mount Snowdon, Wales - 2013
- Annual events: Nuts & Bolts Rally, Caps & Undies Run, Marathon runners in branded LYN, Cyclist riding from Johannesburg to Durban
- Awareness talks at numerous schools in Namibia and SA
- CANSA – promoting Shavathon in Cape Town
- Cancer buddies – active member
- Namibian Cancer Association – Guest speaker at annual Movember function, Windhoek, Namibia
- Namibian Cancer Association – Guest speaker at Men’s Health Breakfast, Swakopmund, Namibia
- Guest speaker at the annual Daredevil Run organised nationwide
- Official ambassador for the 2017 Daredevil Run
- Guest speaker at Sanlam Cancer Challenge Golf Tournament
- Guest speaker at CIPLA head office, PicknPay head office, Cape Gate Oncology Centre
- Using Social Media (active on Facebook, Twitter & Instagram) with links to international testicular cancer awareness groups
- Initial conceptual discussions with American documentary company for founder’s cancer journey (produced for Discovery Channel & National Geographic)



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Torsten Koehler

The founder of **Love Your Nuts** campaign was diagnosed with testicular cancer in 1995 whilst educating young teenagers about 'sex education' at a school and being in his early thirties himself.

His journey of survival started by openly confronting in his book his thoughts and emotions, relate the reactions of his friends, family and not least, his students, who provoked him without reserve and in doing so, gave him enormous help and hope.

His book "**Love your nuts – Testicular Cancer touched my Life**" was published internationally in 2011 in English (German version was published in Germany in 2004 already). "*He has won, he lives and he loves. He is showing everybody how valuable they are and how fantastic life can be*" (a reader's words) and therefore has a passion for this campaign.



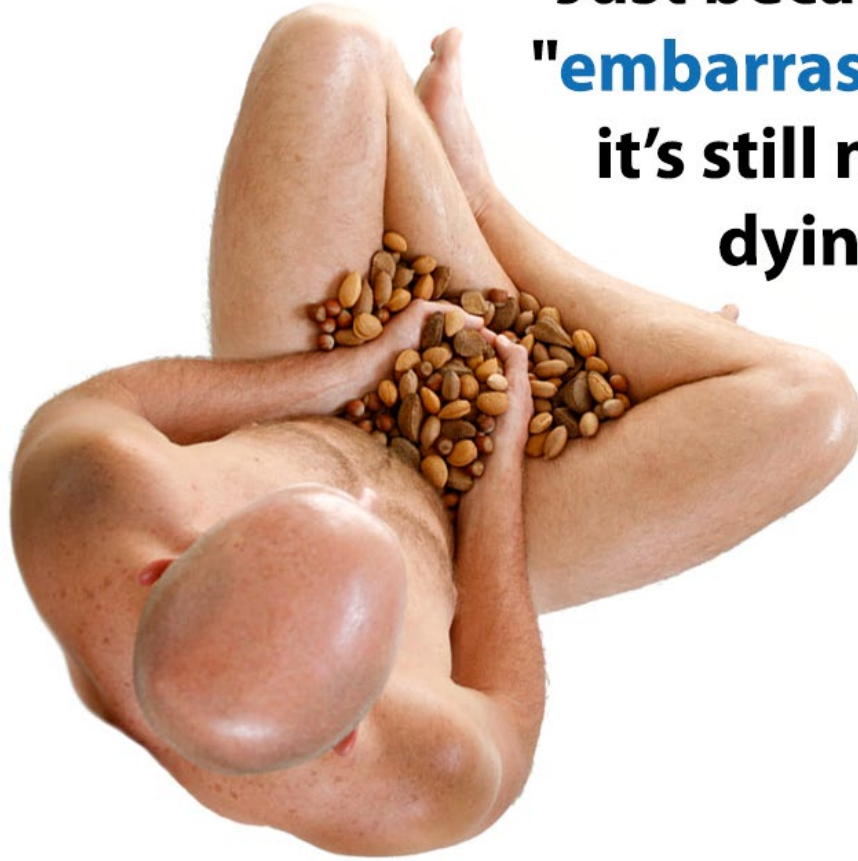
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Testicular Cancer

Just because it is an
"embarrassing place"
it's still not worth
dying for!



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Contact



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