In 1996, Bob was taking a shower when he felt a worrying nodule. He went to get it checked out.

"When I was informed by my doctor that the small mass was cancerous, my life was changed forever!"

During his battle with testicular cancer, Robert discovered the physical and emotional toll the disease takes.

"In an effort to ward off negative emotions, I quickly learned the value of volunteering. Relay For Life provided me with an opportunity to channel my energy in a positive manner."

Today, Bob is cancer-free. He continues to fight back through Relay For Life and advocacy.

I am thankful to have gone through this experience because it shifted my priorities to things that are really important in life

SPRINGFIELD, OHIO

**Testicular Cancer Survivor** 



Having cancer is hard. Finding help shouldn't be. Find information and support 24/7 at 1-800-ACS-2345 or at www.cancer.org. The American Cancer Society's Relay For Life empowers communities to fight back against cancer. To read more of Bob's story, go to www.cancer.org/ohiostories.