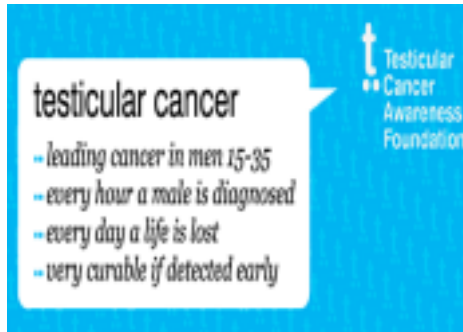




Testicular Cancer

100% survivable
(American Cancer Society, 2016)

- Leading cancer in men ages 15-39
- Every hour a male is diagnosed
- Life is lost every day
- If detected early it is very treatable & almost

(Testicular Cancer Awareness Foundation, 2015)

Testicular cancer is a disease where cancer grows on or in one or both of the testicles. It occurs when cells grow in a way that is not normal. If cells become cancerous, they multiply and form tumors which invade normal tissue.

Cancer can spread to other parts of the body. During this time, some of the cancer cells travel from the original tumor and move to other parts of the body forming new cancer

tumors. Cancer of the testicles spreads most often to the abdomen, liver, lungs, bones, and brain.

Cancer of the testicles can spread rapidly and will lead to death if it is not treated. If it is not found early, the tumors can grow quickly and double in size in just 10 to 30 days. When it is found early, it is able to be treated and in most cases can be cured. (Testicular Cancer Awareness Foundation, 2016)

Q: What are the symptoms of

testicular cancer?

A: A lump on the testicle that is painless and uncomfortable, enlargement or swelling of a testicle, feelings of heaviness or aching in the scrotum or lower abdomen, and/or pain in the lower back. However, men may or may not notice any symptoms.

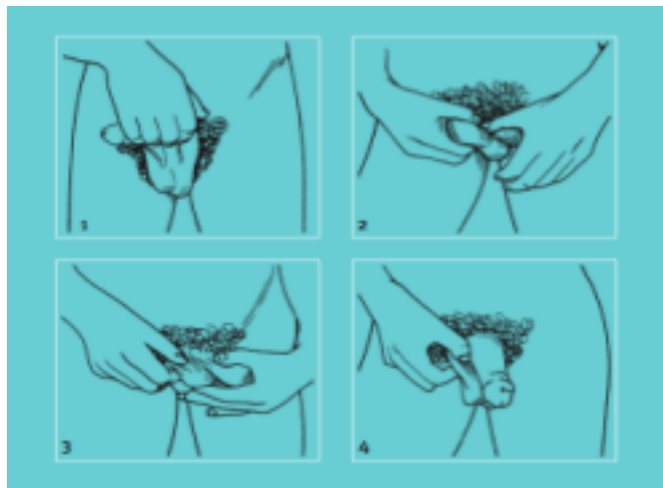
Q: Who gets testicular cancer? A:

This disease is most common in men between the ages of 15-39 although it can happen at any age. White men have the highest risk of getting testicular cancer.

African-American and Asian men have the lowest risk, but can still get testicular cancer. Marijuana use has been linked to increased risk for cancer of the testicles.



(University of Rochester Medical Center,
2015) (National Institutes of Health (NIH),
2016)



testicular cancer

monthly self-exam



1. cup one testicle at a time using both hands
best performed during or after a warm bath or shower



3. familiarize yourself with the spermatic cord & epididymis
tube like structures that connect on the back side of each testicle

sharing saves lives.

examine by rolling the testicle between thumb and fingers
use slight pressure



2.

feel for lumps, change in size or irregularities
it is normal for one testis to be slightly larger than the other



4.



testicularcancer.org

(Testicular

Cancer Awareness Foundation, 2015) (St. Louis University Cancer Center,

2011)

- 8,500 new cases are diagnosed every year

I will do my Testicular Self-Exam on the _____ of every month 1. It is best to do your monthly self-exam when the skin of the scrotum is relaxed during or after a warm bath or shower. If possible stand in front of a mirror.

2. Hold your penis out of the way then cup one testicle at a time using both hands.

3. Roll the testicle between your thumb and fingers rolling it gently between your fingers of both hands to check every surface.

4. Become familiar with the structures inside your scrotum. You should feel the spermatic cord and epididymis. These are tube-like structures that connect on the back side of each testicle. Normal

testicles will feel smooth and firm

5. Look and feel for any hard lumps or any change in the size, shape, or consistency of the testicles. It is normal for one testicle to be larger than the other.

6. Notify your doctor right away if you find anything unusual or that you are not sure about.

(American Cancer Society, 2015)

between the ages of 15 to 39. 7% of cases occur in children and teens, and about 7% occur in men over the age of 55.

- Every year about 350 men will die of testicular cancer, which is about 1 in 5000 men.

(American Cancer Society, 2015)

(Testicular Cancer Awareness Foundation, 2015)

- 1 out of 250 young men will be diagnosed every year

- The highest rates of diagnoses are males