

ANNUAL WELLNESS VISITS

Routine testicular self-exams are important, but they cannot substitute for an examination by a healthcare provider. Your healthcare provider should examine your testicles when you have a physical exam. You also can ask your healthcare provider to check the way you do TSE.



CLINICAL TRIALS AND YOU

When discussing treatment options with your healthcare provider, ask about participating in clinical trials. Learn more at: www.clinicaltrials.gov

Information on testicular cancer provided by:
NATIONAL CANCER INSTITUTE

For more information on this subject, call the toll-free telephone number of the Cancer Information Service at:
1-800-4-CANCER
1-800-422-6237

Pida hablar con personal que hable español.

FOR INFORMATION ABOUT SCREENING GUIDELINES, VISIT

www.GetItChecked.com

ALSO VISIT

Men's Health Resource Center

www.menshealthresourcecenter.com

Men's Health Library

www.menshealthlibrary.com

Men's Health Network

www.menshealthnetwork.org

Prostate Health Guide

www.prostatehealthguide.com

Male Breast Cancer Resource Center

www.mensbreastcancer.com

Men's Health Month

www.menshealthmonth.org

Visit the store for helpful materials.

www.mhnstore.com

CELEBRATE

Men's Health Month

www.menshealthmonth.org

Testicular Cancer Awareness Month

www.testicularcancerawarenessmonth.com

PLEASE NOTE: Men's Health Network does not provide medical services. Rather, this information is provided to encourage you to begin a knowledgeable dialogue with your physician. Check with your healthcare provider about your need for specific health screenings.

MEN'S HEALTH NETWORK

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TESTICULAR SELF-EXAM



MEN'S HEALTHLINE 1-888-MEN-2-MEN



MHN Men's Health Network™
www.menshealthnetwork.org

TESTICULAR SELF-EXAMINATION

Testicles are male reproductive organs. They produce and store sperm. They also produce testosterone, a hormone that causes such male traits as facial hair and lower voice pitch. Testicles are smooth, oval shaped, and somewhat firm to the touch. They are below the penis in a sac of skin called the scrotum.

The testicles normally descend into the scrotum before birth. Parents should have their infant sons examined by a healthcare provider to be sure that the testicles have properly descended. If they have not, this can be easily corrected with surgery.

WHO IS AT RISK?

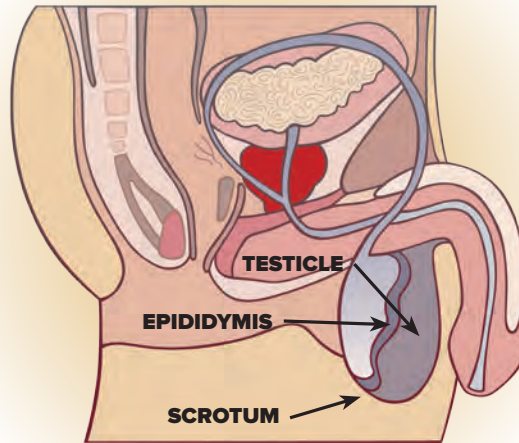
Testicular cancer is the most common type of cancer in men ages 15-35. Yet, because it accounts for only about 1 percent of all cancers in men, many people have never heard of this type of cancer.

Testicular cancer is of special concern to young men, but can occur in middle-aged and older men.

White men are about five times more likely to develop testicular cancer than black men. The rate among Hispanic men lies between those of black men and white men.

The risk factors for testicular cancer:

- Undescended testicle. The risk is increased if a testicle did not move down into the scrotum.
- Abnormal testicular development. Men whose testicles did not develop properly.
- Family history of testicular cancer. The risk is greater in men whose brother or father has had the disease.
- History of testicular cancer. Men who have had testicular cancer are at increased risk of developing cancer in the other testicle.
- Klinefelter's syndrome. Men with Klinefelter's syndrome (a sex chromosome disorder) are at greater risk.



WHAT ARE THE SYMPTOMS?

The most common symptom of testicular cancer is a small, painless lump in a testicle or a slightly enlarged testicle. It is important for men to become familiar with the size and feeling of their normal testicles, so that they can detect changes if they occur. Other possible symptoms include a feeling of heaviness in the scrotum, a dull ache in the lower stomach or groin, a change in the way a testicle feels, or a sudden accumulation of blood or fluid in the scrotum. These symptoms can also be caused by infections or other conditions that are not cancer. A healthcare provider can tell you if you have cancer and what the proper treatment should be.

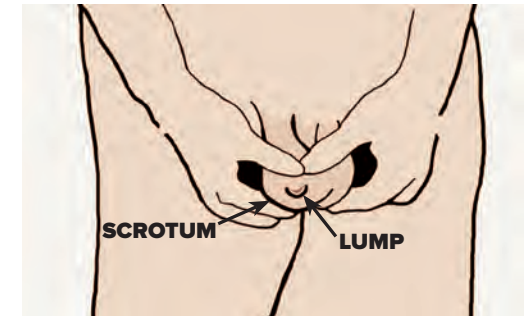
A simple procedure called testicular self-exam (TSE) can increase the chances of finding a tumor early.

IS TESTICULAR CANCER CURABLE ?

Many years ago, testicular cancer was often fatal because it spread quickly to vital organs such as the lungs. Today, due to advances in treatment, testicular cancer is one of the most curable cancers, especially if found early and treated promptly.

HOW TO DO TSE (TESTICULAR SELF-EXAMINATION)

Men should perform TSE once a month—after a warm bath or shower. The heat causes the scrotal skin to relax, making it easier to find anything unusual. TSE is simple and only takes a few minutes:



- Examine each testicle gently with both hands. The index and middle fingers should be placed underneath the testicle while the thumbs are placed on the top.
- Roll the testicle gently between the thumbs and fingers. One testicle may be larger than the other. This is normal.
- The epididymis is a cord-like structure on the top and back of the testicle that stores and transports the sperm. Do not confuse the epididymis with an abnormal lump.
- Feel for any abnormal lumps—about the size of a pea—on the front or the side of the testicle. These lumps are usually painless.

If you find a lump—If you do find a lump, you should contact your healthcare provider right away. The lump may be due to an infection, and a healthcare provider can decide the proper treatment. If the lump is not an infection, it is likely to be cancer. Remember that testicular cancer is highly curable, especially when detected and treated early. Testicular cancer almost always occurs in only one testicle, and the other testicle is all that is needed for full sexual function.