

Things to know about TESTICULAR CANCER



WHO'S AT RISK?

Testicular cancer is most common in young men between ages 15-35, but it can occur in men of any age.



CREATE A ROUTINE

There is no schedule for when you should see your doctor for an exam, but you can check yourself by doing a monthly self exam and talk to your doctor during:

- monthly checkups
- annual wellness visits
- youth sports physicals
- puberty checkup

THERE MAY BE NO SYMPTOMS

Although symptoms may not be present, you may experience:

- Lump or enlargement of the testicle
- Feeling of heaviness in the scrotum
- Enlargement or tenderness of the breasts
- A sudden collection of fluids in the scrotum
- Back pain

KNOW YOUR FAMILY HISTORY

Having a father or brother with testicular cancer increases the risk of getting it yourself. Be a leader at home and talk with your family!



THE BALL(S) IN YOUR COURT TO GET CHECKED



STEP 1:

Check one testicle at a time. Take advantage of shower and bathing times!

STEP 2:

Hold the testicle between your thumbs and fingers or both hands and roll it gently between two fingers.

STEP 3:

If you notice any symptoms such as hard lumps, smooth or rounded bumps, or changes in size, shape, or consistency, no need to worry. Just schedule an appointment with your doctor right away to get it formally looked at.

IF YOU'VE BEEN DIAGNOSED, YOU ARE NOT ALONE.



FOR ADDITIONAL INFO ON TESTICULAR CANCER AWARENESS MONTH

www.TesticularCancerAwarenessMonth.com

Text @selfexam to 81010 for monthly reminders or download the Testicular Cancer Society's "Ball Checker" app on your mobile app store

Visit
www.TesticularCancerAwarenessMonth.com
for more information.

www.MensHealthNetwork.org
www.MensHealthResourceCenter.com