



TESTICULAR
CANCER
AWARENESS

Why are you here?

- **To increase your awareness of testicular cancer**
- **We want you to be educated and understand the importance of performing testicular self exams every month**



What is testicular cancer?

- Testicular cancer is a disease in which cancer develops in one or both of a man's testicles.
- Cancer develops when cells begin to grow out of control. As these abnormal cells rapidly grow and develop, they invade and destroy healthy tissue and organs in the body.



Who can get testicular cancer?

- Any man, regardless of age or race, can develop testicular cancer.
- Most common form of cancer in men between the ages of 15 and 40.



FACTS

- Up to 99% curable when caught and treated early
- Only 4% of testicular cancer tumors are discovered by doctors
- Often a person with testicular cancer will not feel any pain
- The most **COMMON** cancer in young men
ages 15-40



FACTS

- Best time to perform a self-examination is during or immediately after a warm shower
- Self-examination is vital – takes only a few minutes and can be done in the comfort of your own home
- Any man, regardless of age or race, can develop testicular cancer.

There are NO known causes for testicular cancer!



Testicular Cancer Warning Signs

- Pain (Sometimes A Dull Ache)
- Hardness
- Shortness of breath
- Swelling
- A small, Painless Lump
- Heaviness In The Scrotum Or Groin

****IMPORTANT:** There have been several cases of men diagnosed with testicular cancer often having no pain at all.



Shower Cards

CHECK EM.

Stop The #1 Cancer in men under 40.

Men 40 years of age or older diagnosed with TC have twice the risk of dying from the disease.

checkyourself4.org

Testicular cancer is almost always curable if caught and treated early. If untreated, it is fatal.

PERFORM A SELF EXAM once a month. (The shower is an ideal place to do it.)

1

Using both hands, examine one testicle at a time feeling for any lumps or abnormalities.

2

Place your thumb over the top of your testicle, with the index and middle fingers behind, roll it between your fingers. When examining, feel for any lumps or bumps that may be as small as a piece of rice or a small, hard pea.

3

Look for any swelling in the skin of the scrotum or in the groin in front of the mirror. Although lumps or swelling may not be cancer, you should contact your doctor right away if you notice any changes in your testicle or have any pain in your groin for an accurate diagnosis.

UnitedHealthcare



CELEBRITY SURVIVORS

SEAN KIMERLING
TESTICULAR CANCER
FOUNDATION

Awareness. Answers. Action.

- Dan Abrams, TV legal news personality*
- Tyler Austin, MLB player*
- Lance Armstrong, pro bicyclist
- Chad Bettis, MLB player
- Tom Green, comedian
- Scott Hamilton, pro figure skater & broadcaster
- John Kruk, MLB player
- Billy Mayfair, pro golfer
- Nate Solder, NFL player
- Taboo, Musician/Rapper/member Black Eyed Peas
- Nathan Adrian, 5 time Olympic Gold Medalist



* SKTCF partner

Important Takeaways to Remember

- **Most Common Cancer for Young Men ages 15-40**
- **Spreads Very Quickly**
- **Once diagnosed TC affects everyone around you**
- **Is More Than 99% Curable If Caught and treated Early**
- **Perform a self-examination at least once a month – awareness is the cure to TC!**

If you find something – say something!

