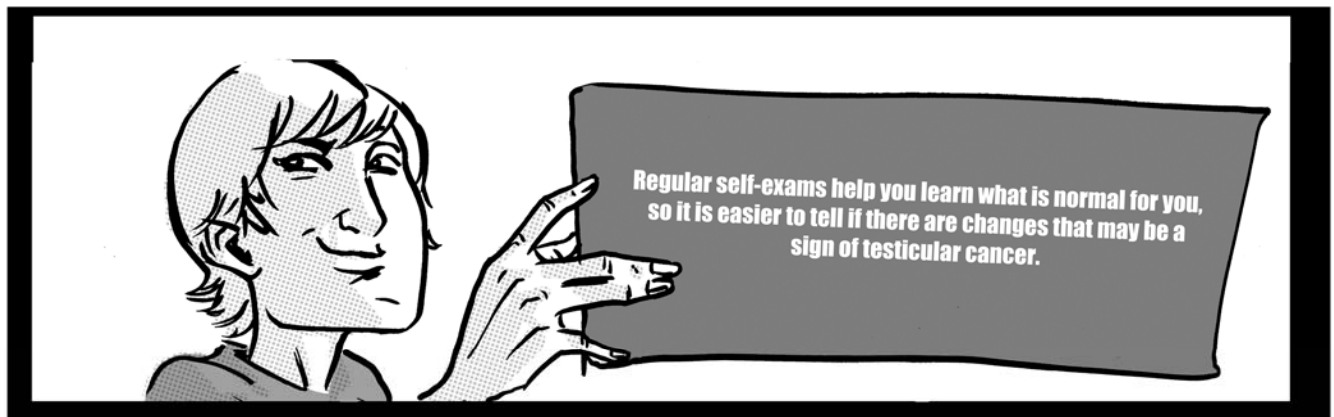
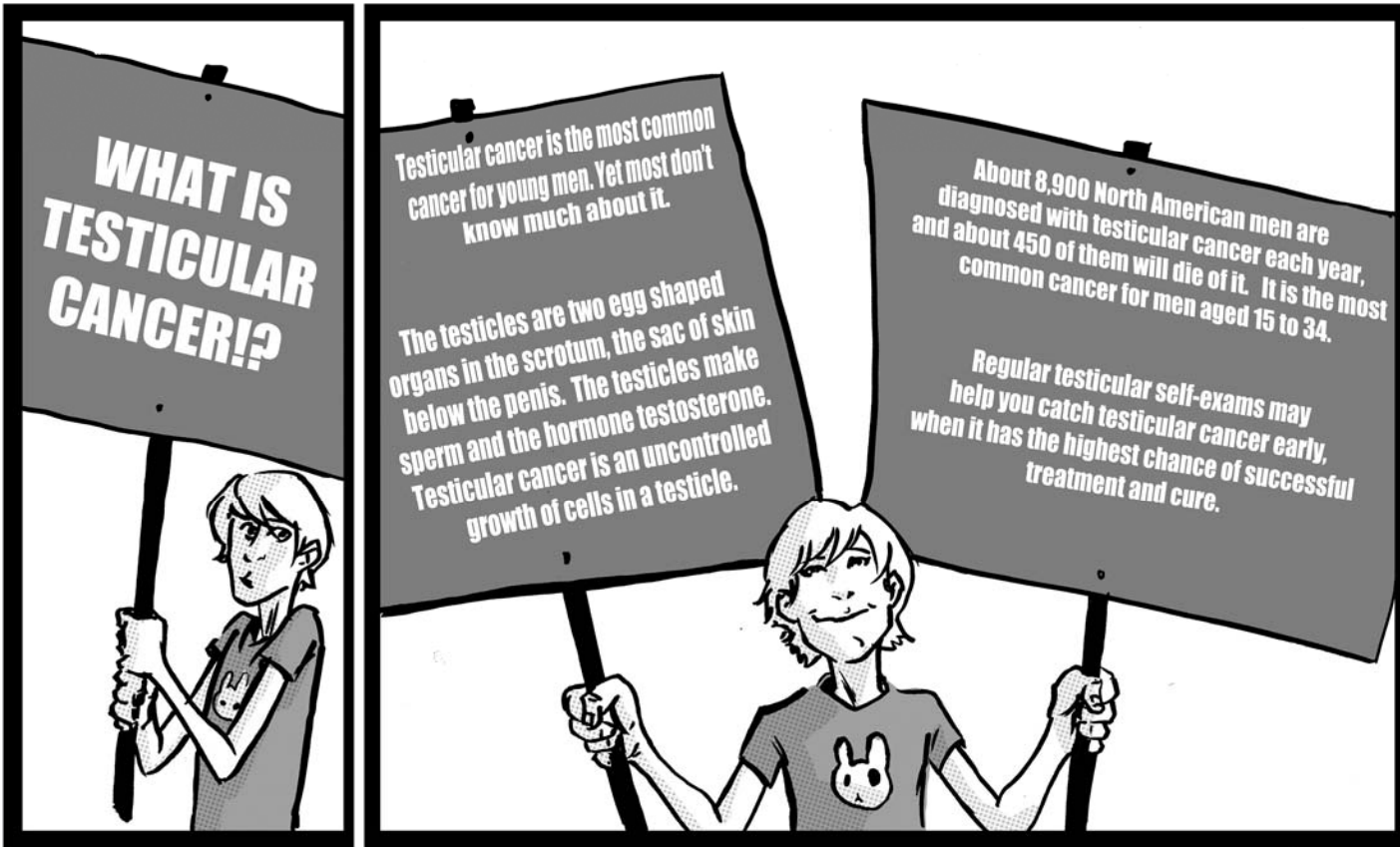


Testicular Cancer Screening and Diagnosis



UHN

GET ON THE BALL!



Please visit the UHN Patient Education website for more health information: www.uhn.ca/patient/health_info.

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SO WHAT ARE THE RISK FACTORS?

AGE. ALTHOUGH TESTICULAR CANCER CAN OCCUR AT ANY AGE, MEN BETWEEN THE AGES OF 15 AND 34 ARE MOST AT RISK.

HAVING A HISTORY OF AN UNDESCENDED TESTICLE INCREASES YOUR RISK.

WHOA!
WHOAH!

YOU HAVE A GREATER CHANCE OF DEVELOPING TESTICULAR CANCER IF YOU HAVE ANY FAMILY MEMBERS WITH THE DISEASE.

WHITE MEN ARE MORE LIKELY TO HAVE TESTICULAR CANCER THAN BLACK OR ASIAN MEN.

BUT NO WORRIES. IF YOU LEARN THE SYMPTOMS AND A PROPER SELF EXAM.

SO WHAT ARE THEY?

SOME OR ALL MAY BE PRESENT: A LUMP, SWELLING, DISCOMFORT OR PAIN IN A TESTICLE OR SCROTUM, AN ACHES IN THE GROIN OR ABDOMEN.

REGULAR SELF-EXAMS IS A GOOD WAY TO FIND ANY CHANGES IN YOUR TESTICLES.

IT'S ALWAYS GOOD TO CHECK WITH YOUR DOCTOR IF YOU ARE UNSURE IF SOMETHING IS NORMAL.



FINDING A LUMP EARLY IS IMPORTANT, BECAUSE CANCER TREATMENTS ARE MORE SUCCESSFUL FOR EARLY STAGE CANCER.

SO HOW DO YOU DO A TESTICULAR SELF-EXAM?

IT IS EASIEST TO DO AFTER OR DURING A SHOWER OR BATH. THE WARMTH MAKES IT EASIER TO FEEL YOUR TESTICLES.



EXAMINE YOUR TESTICLES ONE AT A TIME USING BOTH OF YOUR HANDS BY ROLLING IT BETWEEN YOUR THUMB AND FINGERS.

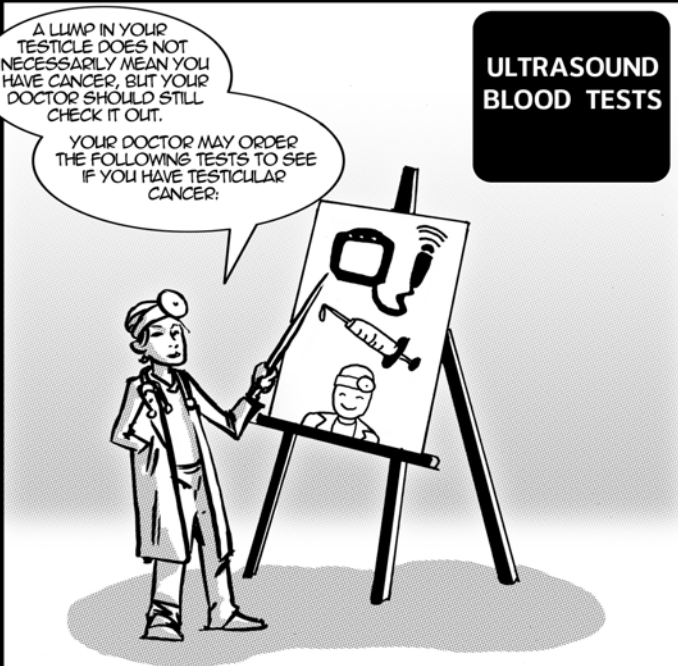
CHECK FOR ANY PAIN, SWELLING, HARDNESS, LUMPS, OR A TESTICLE THAT FEELS HEAVY.



IT CAN BE NORMAL TO HAVE SOME BUMPS ON YOUR SCROTUM.



BUT SEE A DOCTOR IMMEDIATELY IF YOU NOTICE ANYTHING UNUSUAL



**ULTRASOUND
BLOOD TESTS**

A LUMP IN YOUR TESTICLE DOES NOT NECESSARILY MEAN YOU HAVE CANCER, BUT YOUR DOCTOR SHOULD STILL CHECK IT OUT.

YOUR DOCTOR MAY ORDER THE FOLLOWING TESTS TO SEE IF YOU HAVE TESTICULAR CANCER:



IF YOU FOLLOW THESE SIMPLE RULES AND MAINTAIN A CONSISTENT SELF EXAMINATION ROUTINE EARLY DETECTION AND PREVENTION SHOULD BE A SNAP.

FOR MORE
IN-DEPTH INFO
CHECK OUT THESE
WEBSITES

WEBSITES

WWW.CANCER.CA

THIS CANADIAN CANCER SOCIETY WEB PAGE PROVIDES INFORMATION ON TESTICULAR CANCER RISK FACTORS, DIAGNOSIS, STAGING, AND TREATMENT. THE SITE ALSO INCLUDES A TOLL-FREE CANCER INFORMATION SERVICE LINE FOR PATIENTS, THEIR FAMILIES AND THE GENERAL PUBLIC.

TCRC.ACOR.ORG

THE TESTICULAR CANCER RESOURCE CENTER IS A CHARITABLE ORGANIZATION DEVOTED TO HELPING PEOPLE UNDERSTAND TESTICULAR AND EXTRAGONADAL GERM CELL TUMORS. THE WEBSITE CONTAINSLOTS OF INFORMATION ON SUPPORT OPTIONS, AS WELL AS ON TREATMENTS SUCH AS SURGERY, CHEMOTHERAPY, AND RADIATION.

WWW.TC-CANCER.COM/FORUM/INDEX.PHP

THE TC CANCER WEBSITE CONTAINS A FORUM WHERE PEOPLE CAN ASK QUESTIONS ABOUT TESTICULAR CANCER AND PATIENTS CAN SEEK SUPPORT AND DISCUSS THEIR TREATMENT AND RECOVERY.

WWW.CANCER.GOV/CANCERTOPICS/TYPES/TESTICULAR/

THE US NATIONAL CANCER INSTITUTE'S TESTICULAR CANCER INFORMATION PAGE CONTAINS INFORMATION ON TESTICULAR CANCER CLINICAL TRIALS, GENETIC TESTING, STATISTICS, SCREENING, TREATMENT AND PREVENTION.

WWW.MACMILLAN.ORG.UK/CANCERINFORMATION/CANCERTYPES/TESTES/TESTICULARCANCER.ASPX

MACMILLAN CANCER SUPPORT IS A CHARITY BASED IN ENGLAND. THEIR WEBSITE ON TESTICULAR CANCER OFFERS FURTHER DETAILS ABOUT SYMPTOMS, SELF EXAMS, TREATMENT, AND HOW THE DISEASE CAN AFFECT SOMEONE'S LIFE.

WWW.LIVESTRONG.ORG

IN ADDITION TO PROVIDING PRACTICAL INFORMATION AND TOOLS FOR PEOPLE LIVING WITH TESTICULAR CANCER, THIS WEB SITE OFFERS IN-DEPTH TESTICULAR CANCER SURVIVORSHIP EDUCATION AND SUPPORT.

VIDEOS

WWW.YOUTUBE.COM/WATCH?v=WRVON8BCLV4

A VIDEO WHICH EXPLAINS HOW TO PERFORM TESTICULAR SELF-EXAMS.

WWW.YOUTUBE.COM/WATCH?v=DVX96_N4QXW

A SOCCER-THEMED VIDEO FROM ENGLAND DESIGNED TO RAISE AWARENESS ABOUT TESTICULAR CANCER AND THE IMPORTANCE OF SELF-EXAMS.

