

Title: Testicular Cancer and the Testicular Self-Exam

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Abstract: Testicular cancer is relatively uncommon, but is still the number one cancer affecting young males. Currently, the best tool towards preventing unnecessary harm from this disease is education. This pamphlet informs pts about testicular cancer and instructs them on how they may screen themselves using self-examination.

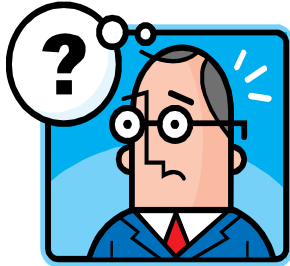
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TESTICULAR CANCER



What is it?

Testicular cancer is any cancer developing from the male reproductive organ known as the testicle. It is only found in males.

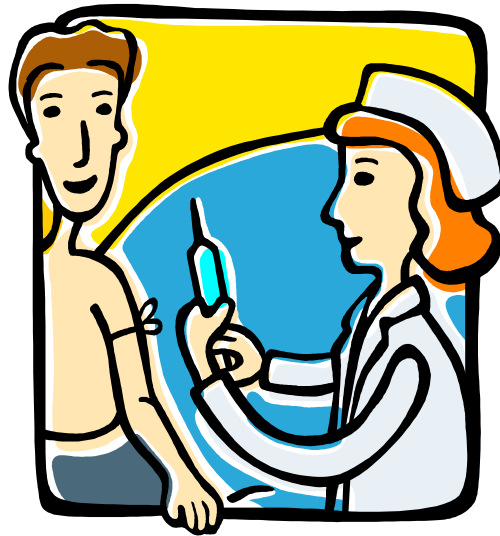


Who is affected?

Infants, young adults (ages 15-35) and the elderly (60+) are the age groups most at risk for testicular cancer. Men with family members who have or had testicular cancer are at a greater risk than men with no family testicular cancer history.

What are the symptoms?

Aside from lumps in the testicle, males will often feel hardness or will notice enlargement of the testicle. Sometimes numbness, heaviness or pain in the scrotum can occur as well.



Can it be cured?

If cancer is found early on, more than 90% of testicular cancers can be treated and cured. If the cancer is discovered later, and has spread to other parts of the body, then the number of patients cured is lower.

How can I check for testicular cancer in myself?

To help catch testicular cancer before it spreads from the testicle, males can do a careful check of their own testicle each month, called a Testicular Self-Examination (TSE):

The best time to check is after a warm bath or shower to soften the skin of the scrotum.

Standing in front of a mirror, grab your testicle with your thumb on top, and your first and second finger on the bottom.



Gently roll the testicle between your fingers, feeling for lumps, hardness, or thickness. The testicle should be smooth but firm



The epididymis is located at the back of the testicle, closest to the body, and feels like a thin and lumpy cord; this is normal. Make sure to repeat on the other testicle. After every exam, compare it to the previous check(s) you've done, and see your doctor if something has changed.



For more information on Testicular Cancer:

The National Cancer Institute's website on testicular cancer:

<http://www.cancer.gov/cancertopics/types/testicular/>



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