

# TESTICULAR CANCER

& MEN'S HEALTH

RIBBON COLOR = BLUE



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Do you have any of the following symptoms?

- A lump of any size on the testicle
- Enlargement of the testicle, change in shape, size or any irregularities
- Pain or discomfort in the scrotum or testicle
- A dull ache or sense of pressure in the lower abdomen or back
- A feeling of heaviness or fullness in the scrotum
- Enlargement or tenderness of the breasts due to elevated hormone levels

- Examine each testicle with both hands and feel for any lump
- If you find a lump, see a doctor – preferably a urologist right away
- The abnormality may not be cancer; it may be an infection.
- If it is testicular cancer, it will spread if it not stopped by treatment.
- Testicular cancer usually affects men between the ages of 18-35.

## Men have higher rates of getting and dying from cancer than women. **Don't wait for a warning sign**

The American Cancer Society recently estimated that about one-fifth of all cancers diagnosed in the U.S. are caused by a combination of excess body weight, physical inactivity, excess alcohol consumption, and poor nutrition\*. That means certain cancers are potentially preventable by leading healthy lifestyles and getting regular screenings.

SCREENING TESTS	Age 20+	30+	40+	50+	60+
PHYSICAL EXAM	●	●	●	●	●
SEXUALLY TRANSMITTED DISEASE	●	●	●	●	●
BLOOD PRESSURE	●	●	●	●	●
CHOLESTEROL		●	●	●	●
EKGs		●	●	●	●
DIABETES			●	●	●
COLORECTAL CANCER			●	●	●
LUNG CANCER				●	●
PROSTATE CANCER				●	●
BONE DENSITY				●	●
ABDOMINAL AORTIC ANEURYSM					●

Disclaimer: These guidelines are not comprehensive for all men. Ask your doctor about cancer screening exams if you have a family history of cancer to develop a plan that is right for you.

Sources: [cdc.gov/cancer/dcp/resources/features/cancerandmen/index.htm](https://www.cdc.gov/cancer/dcp/resources/features/cancerandmen/index.htm), [stlukeshealth.org/resources/ultimate-checklist-routine-screenings-men](https://www.stlukeshealth.org/resources/ultimate-checklist-routine-screenings-men)  
Cancer Disparities: A Chartbook (2018), produced by the American Cancer Society Cancer Action Network.

**EARLY DETECTION SAVES LIVES. GET SCREENED.**