

# ALMOST EVERY HOUR OF EVERY DAY ONE YOUNG MAN IN THE UNITED STATES WILL BE DIAGNOSED WITH TESTICULAR CANCER.

TESTICULAR CANCER IS THE MOST COMMON TYPE OF CANCER IN MEN BETWEEN THE AGES OF 15-39

SEAN KIMERLING  
TESTICULAR CANCER  
FOUNDATION

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## WHAT IS TESTICULAR CANCER?

Testicular cancer is a disease in which cancer develops in one or both of a man's testicles.

- TC occurs most often in men between the ages of 20-39
- Men of any age, including infants and the elderly can develop testicular cancer
- The number of new cases diagnosed each year is increasing

Testicular cancer is one of the most curable forms of cancer, *when detected early.*

- The overall 5-year survival rate is approximately 95%
- Highly treatable, especially when caught early
- Survival rate declines as the disease progresses

## Early detection is critical to survival.

- Half of all men diagnosed do not seek medical attention until after the cancer has spread
- The National Cancer Institute estimates slightly over 8,000 cases were diagnosed in 2008

## WHAT ARE THE SYMPTOMS?

Know your body. Most testicular cancers are discovered by men themselves, either by accident or by performing the self-examination procedure. Doctors should examine the testicles during routine physical exams...if they don't, speak up. See your doctor if you notice any of the following symptoms:

- Pain, swelling, or hardness in the testis, or some combination
- Small, painless lump on the testicle
- Heaviness and/or fluid in the scrotum
- Ache in the lower abdomen or groin area
- Accumulation of blood or fluid in the scrotum
- Enlargement or change in the way a testicle feels
- Tenderness in the breast area
- Lower back pain

BETWEEN REGULAR CHECKUPS, IF A MAN NOTICES ANYTHING UNUSUAL ABOUT HIS TESTICLES, HE SHOULD TALK WITH HIS DOCTOR. **A PERSON WITH TESTICULAR CANCER MAY NOT FEEL SICK OR HAVE ANY PAIN IN THE TESTICLE OR SCROTUM. THERE MAY NOT BE ANY WARNING SIGNS. ONLY A DOCTOR CAN MAKE A POSITIVE DIAGNOSIS OF CANCER.**

# PERFORM A SELF-EXAM



It's best to do a TSE during or right after a hot shower or bath. The scrotum (skin that covers the testicles) is most relaxed then, which makes it easier to examine the testicles.

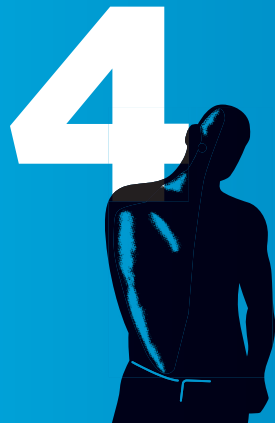
Using both hands, examine one testicle at a time feeling for any lumps or abnormalities.



Place your thumbs 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.



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.



## KNOW WHAT IS NORMAL FOR YOU...

See your health care provider if you notice changes.

- It is normal for one testicle to be a little larger and for one to hang a little lower
- They should be smooth and firm to the touch
- Each normal testis has an epididymis, which appears as a small "bump" on the upper or middle outer side of the testis
- Normal testicles also contain blood vessels, supporting tissues, and tubes that conduct sperm
- A testicle can be enlarged because fluid has collected around it, called a hydrocele
- Veins in the testicle can dilate and cause enlargement and lumpiness around the testicle, called a varicocele
- See a doctor to be sure you have one of these conditions and not a tumor

## WHAT IF I FIND A LUMP?

**Most important, don't panic...see a doctor immediately.** The lump may not be cancer, but if it is, it probably can be treated. Testicular cancer has a 95% survival rate when caught early. If you have any concerns about what you find during self-examination, see a doctor.

Many men let fear or embarrassment keep them from seeking medical help. Concerns about masculinity or sexuality often cause men to delay seeking medical attention. Testicular tumors are some of the fastest growing of all human cancers. There is nothing to be embarrassed about when it comes to cancer.

## ABOUT THE FOUNDATION

The Sean Kimerling Testicular Cancer Foundation is a non-profit organization dedicated to raising awareness of testicular cancer and the need for regular self-examination. Our goal is to increase early detection of testicular cancer. We seek to ensure that young men are aware of the disease and have the information they need to conduct regular self-examinations, recognize possible warning signs, and seek medical help without embarrassment or fear of stigmatization.

The Foundation was established in memory of Sean Kimerling, the Emmy Award-winning anchor of WB11 sports and pre-game announcer for the Mets. Sean died from testicular cancer on September 9, 2003. He was only 37.

The Sean Kimerling Testicular Cancer Foundation is duly registered in the State of New York.

A copy of the latest filings may be obtained from: The Office of the Attorney General, Charities Bureau, 120 Broadway, New York, NY 10271.

Contributions are tax-deductible under the 501(c) (3) tax-exempt statute, to the extent of the law.

## BE A MAN— SELF EXAM CHECK EM ONCE A MONTH

### Where Can I Get More Information?

The Sean Kimerling Testicular Cancer Foundation is dedicated to increasing awareness of testicular cancer. Please see our web site at [www.seankimerling.org](http://www.seankimerling.org) or contact us for more information.

**If you hear, "you have testicular cancer," you also want to hear, "we caught it early!"**



## PLEASE HELP STOP THE #1 CANCER IN MEN UNDER 40

Name

Address

City  State  Zip

Phone  Email

### Enclosed is my tax-deductible gift of:

- \$50     \$100     \$200     \$ Other \_\_\_\_\_

### Please bill my credit card:

- American Express®     MasterCard®     Visa®

Card Number

Security Code  Expiration Date

### I would like to donate throughout the year to help support programs and services. Bill my credit card:

- Monthly     Quarterly

Initials \_\_\_\_\_

### Please make my donation in the name of:

Name

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Name

Address

City  State  Zip

Donate online at [www.seankimerling.org](http://www.seankimerling.org).



**IMPORTANT: IF YOU HAVE PERSISTENT SYMPTOMS AFTER A DOCTOR HAS INDICATED AN ALTERNATIVE DIAGNOSIS SUCH AS A MUSCLE PULL OR "TYPICAL" BACK PAIN, SEEK AN ALTERNATE OPINION. HISTORICALLY, MEDICAL DISORDERS CAN BE MISSED BY ONE PHYSICIAN AND IDENTIFIED BY ANOTHER. BE PERSISTENT AND ADVOCATE FOR YOUR OWN WELL-BEING.**