

# 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 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, develop testicular cancer.

There are NO known causes for testicular cancer!



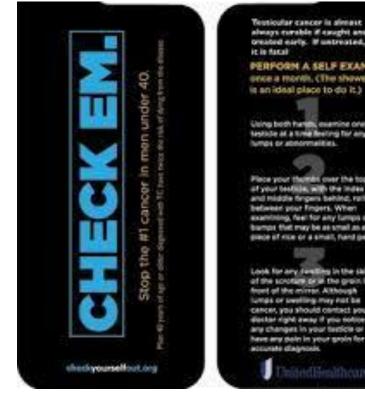
#### **Testicular Cancer Warning Signs**

- 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**



always escable if eaught and preated early. If untreated, PERFORM A SELF EXAM once a month, (The shower is an ideal place to do it.) Using both hands, examine one testate at a time feeting for any humps or abnormalities.

Place your themas over the top of your bestiging with the Index and middle fingers behind, roll it Indiwided pour Empore, When examining, feet for any lamps or burnps that may be as small as a grace of rice or a small, hand gea.

Look for any dealling in the skin of the scrotters prise the grain in front of the mirror, Although lumps or swelling may not be cancer, you should centect your disctor right away if you notice any changes in your testicle or have any dale in your groin for an accurate diagnosis.





### **CELEBRITY SURVIVORS**

- 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



SEAN KIMERLING TESTICULAR CANCER

FOUNDATION

#### **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!

