

TEST YOUR TESTES

with monthly self-checks

Know the Stats About Testicular Cancer

Most common cancer in men 15 to 35 years old

About half of diagnosed men are 20-34

Risk is **4 to 5 times higher** in white men than African- and Asian-American

One of the most treatable and survivable types of cancer when detected early!

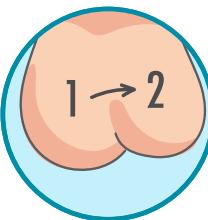
NOW THAT YOU KNOW, IT'S TIME TO TAKE THE TEST.

The best time to scrutinize your scrotum is during or right after a hot shower, and it only takes about a minute.



STEP 1

Check your testicles one at a time.



STEP 2

Using both hands, hold the testicle between your thumbs and fingers and gently roll it between your fingers.



STEP 3

Look and feel for any of the following:

- Hard lumps
- Smooth or rounded bumps
- Changes in size, shape or consistency



You'll figure out what's normal for you after a few checks. But if you feel anything funny, it's time to go to a pro, like your primary care doctor or a urology specialist.

To find a urology specialist and a location near you, visit:
OrlandoHealth.com/Urology

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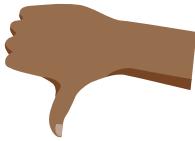
YOUR TESTES ARE YOUR BESTIES

Get to know them better, so you can tell when something isn't normal.



WHAT'S NORMAL

- ▶ One testicle may be slightly larger than the other.
- ▶ Each testicle has a cord-like structure called the epididymis, which may feel like a small bump or ridge on the top and back of each testicle.
- ▶ Each testicle contains many blood vessels, supporting tissues and tubes that carry sperm.



WHAT'S NOT

- ▶ Acute pain in the testicles
- ▶ A dull ache in the abdomen or groin
- ▶ Blood in semen



HERE ARE SOME OTHER THINGS YOU SHOULD KNOW:

- ▶ Most testicular cancers are self-discovered as a lump in the testicle, which can range from feeling painless to uncomfortable.
- ▶ Testicular cancer is the most common cancer in males 15 to 35 years old.
- ▶ About half of testicular cancers are diagnosed in men 20–34, but can occur at any age.
- ▶ One out of 250 males will be diagnosed with testicular cancer in their lifetime.
- ▶ An estimated 9,560 new cases of testicular cancer will be diagnosed in 2019.
- ▶ For unknown reasons, the risk of testicular cancer is about 4 to 5 times higher in white males than in African- and Asian-American men.
- ▶ When detected early, testicular cancer is one of the most treatable and survivable types of cancer, at 99 percent.

At Orlando Health, we believe all men should be testing their testicles once a month so they can proactively report any changes to their healthcare provider. Your physician is your partner in health and can advise you on any additional screening exams and risk reduction strategies that are right for your age and current health condition. Orlando Health's physician network includes primary care, men's health and cancer specialists ready to provide you with comprehensive preventive, diagnostic and therapeutic care.

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