



# Are you a male 15 or older?

## Our Goals

- Increase Testicular Cancer awareness.
- Promote testicular self examination (TSE).
- Distribute information to schools, health professionals, hospitals, etc.
- TV commercial to promote TSE.
- Help support research and clinical studies.

## Donations

We are a registered charitable association dedicated to educating men about this highly curable, but also potentially deadly disease.

TCTCA relies solely on donations to fund our educational and awareness programs.

To make a donation on line please visit our web site at: [www.tctca.org](http://www.tctca.org) or make cheques payable to:

The Canadian Testicular Cancer Association

**Mail to:**

The Canadian Testicular Cancer Association  
10 Pioneer Drive, Unit 104  
Kitchener, ON N2P 2A4

If this is in memory of a loved one or friend, we will gratefully send a thank you card in their memory.

*(Tax receipt will be issued at time of donation)*

## Contact



**The Canadian Testicular  
Cancer Association**

10 Pioneer Drive, Unit 104  
Kitchener, ON N2P 2A4

**519-342-2562 or 1-866-898-7446**

To order our brochures, shower cards or educational programs email us at:

**[info@tctca.org](mailto:info@tctca.org)**

For more information visit our web site at:

**[www.tctca.org](http://www.tctca.org)**

### **Cover photo**

18 year old Adam DeSousa died from testicular cancer.

Design & Print Production:  
Blenheim Corporate Communications  
[www.blenheim.ca](http://www.blenheim.ca)



# Don't risk your life!

## Take Testicular Cancer Seriously



**The Canadian Testicular  
Cancer Association**



## Signs & Symptoms

- A hard, painless lump on either testicle (not always present)
- A change in the size, shape, tenderness, or feel of the testicle or scrotum
- Swelling or pain in the testicle or scrotum
- A feeling of heaviness or dragging in the lower abdomen or scrotum
- A dull ache in the lower abdomen and groin
- Unusual backache that doesn't go away
- Unexplained weight loss
- Soreness or sudden unexplained growth of the breast (around the pectoral muscle)

***Some males get testicular cancer without any of these signs.***

If you have any of these symptoms or are concerned that you may have Testicular Cancer, do not hesitate, contact your family physician or other medical professionals and have your concerns checked immediately.

***Other health problems can cause some of the same symptoms. Testing is needed to make a diagnosis.***

## Testicular Self Examination (TSE)

- Take a hot shower, this will warm and relax the testicles.
- Stand in front of a mirror. Check for any swelling on the scrotum. There should not be any pain when checking your testicles.
- Hold each testicle so you can feel the size and weight of each one. It can be common for one testicle to be slightly larger than the other and one may also hang lower than the other.
- Roll each testicle between your thumb and forefinger. It should feel smooth. You will feel a soft, tender, ropy cord at the back of each testicle. This is very normal.

After you become familiar with how your testicle feels, you will be able to detect any changes. Try to check them at least once a month.

Many men are not aware that testicular cancer is the most common cancer among males between the ages of 15-29.

When detected and treated early, testicular cancer is one of the most curable forms of cancer.

## Who is at Risk?

According to the Canadian Cancer Society there is no single cause. A male may be at risk if he:

- Is between the age of 15 to 49.
- Has a delayed drop of the testicles (if not corrected early).
- Has a family history of testicular cancer.
- Had abnormal testicle development.

***Some men get the disease with none of these risk factors.***

## Statistics

- Testicular cancer is the #1 cancer in young men ages 15-29; yet most men are completely unaware of it.
- World wide there are 48,613 new patients diagnosed with testicular cancer each year; 8,878 of these men will die.
- Early detection of testicular cancer makes a positive difference in the treatment and outcome of the disease.


**The Canadian Testicular Cancer Association**

***Check 'em!***