

TSE-10: Testicular Cancer Self Exam Card

TSE-10: stock front

AD COPY AREA

Monthly Testicular Self-Exam

- **Hold the penis out of the way** and examine each testicle separately.
- **Hold the testicle between your thumbs and fingers** with both hands and roll the testicle gently between the fingers.

- **Look and feel** for any hard lumps or nodules (smooth rounded masses) or any change in the size, shape, or consistency of the testes.

- **If you choose** to examine your testicles, you will become familiar with what is normal and what is different.
- **Always report any changes** to your doctor without delay.

The American Cancer Society (ACS) recommends a testicular exam as part of a routine cancer-related checkup.

TSE is not to take the place of your annual visit to your physician

TSE-10: stock back

Signs and Symptoms of Testicular Cancer

Lump, Swelling, Aching
In 9 out of 10 cases of testicular cancer, there is a lump on a testicle or the testicle is swollen. The lump is often painless, but it can be uncomfortable. There also can be a feeling of heaviness or aching in the lower abdomen or scrotum associated with testicular cancer.

Other Symptoms
Less common symptoms may be caused by excess hormones made by the cancer cells. These symptoms can include:

- growth of hair on face and body at a young age (before puberty)
- breast tenderness or growth
- sex drive loss

Signs of Advanced Testicular Cancer
Even when the cancer has spread to other organs, few men have any symptoms. Lower back pain is a common symptom of later-stage testicular cancer. Signs that the cancer has spread to the lungs can include:

- chest pain
- shortness of breath
- coughing
- spitting blood

A number of conditions other than cancer, such as inflammation or infection or an injury to the testicle, can cause symptoms like those of testicular cancer. If you have any of the signs or symptoms just mentioned, call your doctor immediately. The sooner cancer is found the sooner you can start treatment. The earlier you get treatment, the more effective the treatment will be.

For additional information see American Cancer Society www.cancer.org

Please remove all guideline indicators before submitting artwork



= **Final Cut Size: 3.25” x 8”**



= **Ad Copy Area : 3” x .875”**

Art must be within clearances - 0.125” on all sides.