

ALMOST EVERY HOUR OF EVERY DAY ONE 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.

- Testicular cancer is the most common type of cancer in men between the ages of 15-39 years
- Recently published studies show the incidence of testicular cancer in men under and men over 40 is almost equal
- Men 40 years or older who are diagnosed with the disease have twice the risk of dying of the disease than men under 40 years of age
- The death rate among Hispanic men who have the disease is approximately 60% higher than White men
- This disease is 95-99% curable when diagnosed and treated in its earliest stages
- Men of any age, including infants and 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 approximately 8,500 cases will be diagnosed this year
- Ask your doctor to check for testicular cancer on your next visit

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

- 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
- Research has shown only 4% of all testicular tumors are discovered by physicians, usually when they are performing an exam for other reasons
- If you have persistent symptoms after a doctor has indicated an alternative diagnosis such as 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

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.

- 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
- It is normal for one testicle to be a little larger and for one to hang a little lower
- 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 Foundation was established in memory of Sean Kimerling, the Emmy Award-winning anchor of PIX11 sports and pre-game announcer for the Mets. Sean died from testicular cancer on September 9, 2003. He was only 37.

SKTCF MISSION STATEMENT

Raising awareness of testicular cancer and the importance of early diagnosis and treatment

SKTCF VISION STATEMENT

The foundation seeks an environment:

- Where conversations about TC are open and without embarrassment or stigmatization;
- Where health providers routinely perform testicular exam;
- Where information is easily accessible to everyone;
- Where diagnosis and treatment are addressed when the disease is in its earliest stages;
- Where no man dies from this disease.

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 and the importance of early diagnosis and treatment. Please see our web site at www.seankimerling.org or contact us for more information 212-986-0892

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



PLEASE JOIN THE FIGHT AGAINST TC

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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.