

MBTM
MORE BALLS THAN MOST®

WHAT YOU NEED TO
KNOW ABOUT
TESTICULAR CANCER

TESTICULAR CANCER

Self Examination

- Examine your testicles after taking a warm bath or shower
- Stand in front of a mirror and look for any signs of swelling
- Support your testicles with one hand and feel each one with your other hand
- Roll the testicles between the thumb and fingers, feeling for any lumps - its normal to feel soft chord-like structure on the top and back of each testicle (lumps can be as-small-as a grain of rice and are usually quite firm like a hard rubber)
- Also check for areas that feel tender

Signs and Symptoms

- A painless swelling or lump in one or both testicles
- Pain or feeling of heaviness in a testicle
- An ache in the lower abdomen, back or groin

*If diagnosed early Testicular Cancer
can be treated effectively via
Surgery
Radiation
Chemotherapy*




Risk Factors

- Babies born with undescended testicles
- Congenital (born with) abnormalities of the testicle, penis, kidney and inguinal hernias (hernia in groin area)
- A family history of testicular cancer
- Using marijuana (dagga or cannabis)

**TC is one of the most
common cancers in
males ages 15-39**

**Consult your doctor if
any abnormalities are
detected**

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