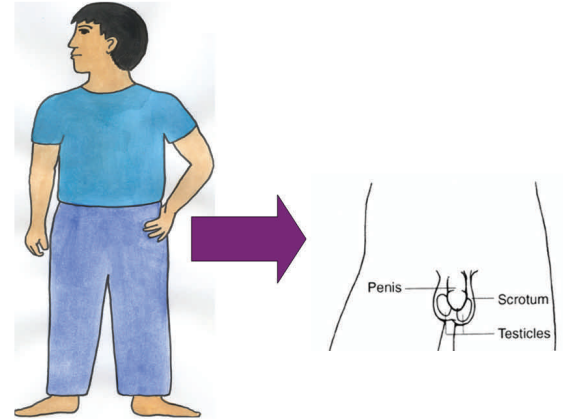




## What is testicular cancer?

The two testicles are egg-shaped male reproductive glands. The testicles produce the hormone testosterone as well as sperm, the male reproductive cells.

Testicular cancer starts when cells in one or both testicles grow out of control.



## Why is testicular cancer a concern for American Indian men?

While American Indian men have a lower incidence of testicular cancer than other races they have a poor survival rate.

## What causes testicular cancer?

Researchers do not yet know exactly what causes testicular cancer, but they do know that certain risk factors are linked to the disease.

## What are other the risk factors for testicular cancer?

- **Undescended testicle:** Normally, the testicles descend from inside the abdomen into the scrotum before birth. The risk of testicular cancer is increased in males with a testicle that does not move down into the scrotum.
- **Congenital abnormalities:** Men born with abnormalities of the testicles, penis, or kidneys, as well as those with inguinal hernia (hernia in the groin area, where the thigh meets the abdomen), may be at increased risk.
- **History of testicular cancer:** Men who have had testicular cancer are at increased risk of developing cancer in the other testicle.
- **Family history of testicular cancer:** The risk for testicular cancer is greater in men whose brother or father has had the disease.

## What can you do to prevent testicular cancer?

Many men with testicular cancer have no known risk factors. For these reasons, there is no way to prevent most cases of this disease.

## What are the signs/symptoms of testicular cancer?

Symptoms of testicular cancer may include:

- Lump or swelling in one or both of the testes
- Pain or discomfort in the testes or in the scrotum
- Night sweats and fever
- Infertility
- Weight loss
- A feeling of heaviness in the scrotum
- A dull ache in the lower abdomen, back or groin

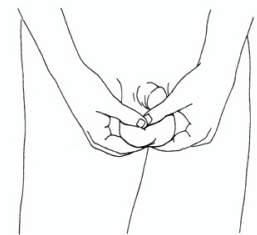
If you have these symptoms, it is very important to see your health care provider.

## How can testicular cancer be detected?

- **Physical Exam:** the doctor generally exams the testicles during routine physicals.
- **Testicular Self-Exam:** If you have certain risk factors such as undescended testicle or a family history, you should do monthly self-exams and talk about it with your doctor.

The best time for you to examine your testicles is during or after a bath or shower, when the skin of the scrotum is relaxed.

- 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 it 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.



The information in the Gathering Basket education materials is not intended as medical advice, please consult your health care provider regarding treatment decisions.

