



We're Nuts about Saving Guys' Lives!

SIGNS & SYMPTOMS of possible testicular cancer

- Painless lump •
- Change in size of testicle •
- Pain or discomfort in scrotum or testicle •
- Dull ache or sense of pressure in the lower abdomen, back or groin •

SIGNS OF ADVANCED DISEASE

- Significant weight loss •
- Back and/or abdominal pain •
- Chest pain, coughing or difficulty breathing •
- Headache •
- Enlarged lymph nodes in abdomen and/or neck •

RISK FACTORS

- Undescended testicle (cryptorchidism) •
- Family history of testicular cancer •

**DID YOU FIND SOMETHING CONCERNING?
DID SOMETHING CHANGE SINCE LAST MONTH?**
See a urologist right away! And insist on an ultrasound.

#DontDieofEmbarrassment

Want more info? Visit: www.Family-Jewels.org

FAMILY JEWELS FOUNDATION TEACHES: THE TESTICULAR SELF-EXAM

All guys, starting by age 12, should check themselves every month!

FOLLOW THESE SIMPLE STEPS:

STEP ONE



Preferably after a warm shower or bath, using both hands, cup one testicle at a time.

Hold the testicle between your thumbs and fingers and roll it gently between your fingers. Use slight pressure.

STEP TWO



Familiarize yourself with the spermatic cord and epididymis. These are tube-like structures that connect to the back side of each testicle.

STEP THREE



Feel for lumps, change in size or irregularities. It is normal for one testicle to be slightly larger than the other one.

STEP FOUR



I pledge to check my testicles for lumps, bumps, pain or swelling every single month!

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#DonttbeEmbarrassedtoDeath

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