

## About The Family Jewels Foundation

"It just kept getting bigger and bigger, but I was too embarrassed to tell my mom."

9th grader Jaimeson Jones had a problem in a very sensitive part of his body, but the 14-year-old was too embarrassed about the increasing pain and swelling in his left testicle to tell anyone for months and months. By the time he was diagnosed with testicular cancer, the disease already had spread through his body. Jaimeson fought his way through aggressive chemotherapy and multiple extensive surgeries, and his cancer went into remission at age 15.

Tragically, after 4 1/2 years, the cancer recurred and, after even more-horrific treatment, Jaimeson died in 2010 at age 20.

This did not have to happen.

Testicular cancer is the #1 solid organ cancer between ages 15 and 44 globally. It is 95% curable when caught early. Due to the very nature of young people, however – feeling invincible, avoiding doctors, and embarrassment about genitals – half of all people with testicular cancer do not seek medical care until the cancer has already spread. Tragically, every year, more than 400 people die needlessly of this highly-curable disease. Half of them are between 20 and 33.

We work tirelessly to fill the gap in education about this cancer that strikes in the prime of life.

### **Our vision: Nobody Dies of Testicular Cancer.**

To do this, we use cheeky humor and an accessible approach to educate about testicular health, teaching monthly self-examination and decreasing the awkwardness and embarrassment that cause deadly delays in diagnosis and treatment.

We *love* to speak to service clubs, business organizations, school and church groups, sports teams, classes, at health fairs and community events – you name it! Invite us, and we'll bring snacks and the locally-famous Nut Hut, for a surprisingly-fun discussion on this lifesaving topic.

## Know Your Body

- Do a monthly self-check. Learn what's normal for your testicles.
- Starting by age 12, get an annual physical, and ask your doctor to examine your testicles.
- Testicular cancer is typically painless and manifests with a palpable lump in the testicle. Then, delete starting from "see a urologist" to the end, and replace it with this: "see your primary care provider as soon as possible." If you feel a lump, notice a change in size, have pain in the testicle, or have pain or pressure in your lower abdomen, back or groin, see a urologist as soon as possible, and insist on an ultrasound.
- If you continue to have symptoms after a medical professional diagnoses you with a "muscle pull" or "typical back pain" or tells you that you are too young to have testicular cancer, get a second opinion.
- Be persistent – you are your own best advocate.

### **"This is all pretty embarrassing."**

Many guys let fear or embarrassment keep them from seeking medical help. Don't! Testicular tumors are some of the fastest-growing of all human cancers. And, testicular cancer is highly curable, when diagnosed and treated early.

Remember: There is nothing to be embarrassed about when it comes to cancer.

#SelfChecksSaveLives #DontBeEmbarrassedtoDeath

PO Box 593, Bothell, WA 98041-0593 • (206) 550-9570

[SavingGuysLives@gmail.com](mailto:SavingGuysLives@gmail.com)

# **"It just kept getting bigger and bigger, but I was too embarrassed to tell my mom."**

**Jaimeson Jones, March 14, 1990 – October 7, 2010**



## What you need to know about Testicular Cancer

[www.Family-Jewels.org](http://www.Family-Jewels.org)

## Things You Should Know

Testicular cancer is the most common solid organ cancer diagnosed in males age 15-44. The incidence of testicular cancer is rising.

.....

Testicular cancer has the best prognosis of any cancer when detected early. When diagnosed before it spreads, testicular cancer is almost always curable.

.....

HALF of all people diagnosed do not seek medical attention until AFTER the cancer has spread.

.....

Most testicular cancers are self-discovered as a painless or uncomfortable lump in the testicle.

.....

People of all ages, from infants to the elderly, can develop testicular cancer.

.....

Risk factors include a history of an undescended testicle or family history of testicular cancer.

.....

Symptoms may include: a lump or bump in the testicle (possibly but not necessarily painful), enlargement or loss of size in one of the testicles, sudden collection of fluid in the scrotum, or enlargement or tenderness of the breasts.

We are grateful to



for sponsoring this lifesaving information.

## Family Jewels Foundation teaches THE TESTICULAR SELF-EXAM

**TAKE THE PLEDGE!** "For the sake of myself and my loved ones, I promise to check my testicles at least once a month."

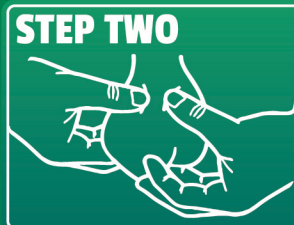
### Follow These Simple Steps Once a Month!

#### STEP ONE



This is best performed 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

If you ever notice a change in your testicles  
**DON'T WAIT!**  
See your Primary Care provider as soon as possible.

## I want to Save Guys' Lives!

Name

Billing address

City

State

Zip

Phone

Email

GIFT AMOUNT

\$100  \$200  \$500  Other \_\_\_\_\_

Please bill my credit card:

American Express  Master Card  
 Discover  Visa

Card Number

Security Code

Expiration Date

Zip

I want to help save even *more* lives by joining your recurring gift program!

Monthly amount: \$

Please contact me about making a planned (legacy) gift by adding the Foundation to my estate plan.

#### What will we do with your donation?

- Travel around Washington to educate about early detection of testicular cancer; to school nurses, Health classes, coaches and athletic teams; Scouts, church, temple and synagogue youth groups; Chambers of Commerce and other business groups; Service clubs (Rotary, Kiwanis, Lions, etc.); and any other group you invite us to.
- Design and printing costs for pamphlets, self-check reminder shower cards, Nut Huts and other materials.
- Event support for our annual Family Jewels Pie-K, Family Jewels Ball Crawl (pub walk), and other educational events.
- Fundraising supplies, including for "Save a Guy, Get a Pie!"

Family Jewels Foundation is a 501(c)(3) under federal guidelines.  
EIN 80-0905365

Please consult your tax advisor about tax deductions.