Testicular Cancer:
What Every Guy Should Know

Native Hawaiian Health Care System
Molokaʻi           Nā Puʻuwai
                   (808) 560-3653
Oʻahu             Ke Ola Mamo
                   (808) 845-3388
Hawaiʻi          Hui Mālama Ola Nā ʻŌiwi
                   (808) 969-9220
Kauaʻi, Niʻihau   Hoʻōla Lāhui
                   (808) 240-0100
Maui             Hui No Ke Ola Pono
                   (808) 244-4647
Lānaʻi           Ke Ola Hou O Lānaʻi
                   (808) 565-7204

Cancer Information Service
1-800-4-CANCER
(1-800-422-6237)
www.cancer.gov

American Cancer Society
1-800-227-2345
www.cancer.org

Endorsed by ʻAhahui o nā Kauka
Native Hawaiian Physicians Association

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Testicular cancer can be cured if found early.

Who gets this kind of cancer?

- Men of all ages can get this cancer but it is most common at ages 15-35 years.
- Males who had testicles that did not move down into the scrotum (sac) at birth have a greater chance of getting testicular cancer.

Check yourself. Here’s how.

- Check by rolling the testicles gently between your thumbs (on top) and index/middle fingers (on bottom).
- The best time to check is just after a warm shower.
- You should not feel any pain when doing the exam.
- Do not worry if one testicle feels larger than the other. That is normal. There is also a soft tubelike structure behind the testicles which may feel lumpy but is not testicular cancer.

Tell your doctor if you have:

- A swelling or lump in the testicles.
- Changes in the size or feeling of the testicles.
- A heavy feeling in the scrotum (sac that holds the testicles).
- A dull ache in the lower abdomen, back, or groin (the area above the thigh).
- Pain or discomfort in the testicles or scrotum.

These symptoms can be caused by cancer or by other conditions. It is important to see a doctor if you have any of the above.