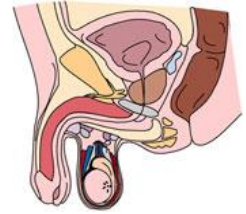


Testicular Cancer Prevention

What is it?

- **Testicular Cancer**- rare,
 - **Affects**- males age 15 to 35



Signs and Symptoms:

- **Testicular Cancer**- painless lump, swelling, feeling of heaviness in 1 testicle

Facts:

- **Highest Risk for Testicular Cancer**- family history, where testicles have not descended, or did not until > 6
- **Usually**- affect 1 testicle, if detected early respond well to treatment



What can I do?

- **See a Health Care Provider**- if blood or pus in your urine, Prostate Enlargement
- **See RD for help as needed *See FFF RD on line for help**
- **Low Fat Diet**- Increase Fresh Fruits and Vegetables, Whole Grains, Fish and Chicken that is Broiled, Boiled, Baked Roasted, Stewed, Grilled or Stir-Fried, and use Low Fat Cheeses, Margarines, Sour Cream, Cream Cheese, etc
 - **AVOID**- Butter, Sauces, Gravies, Fried Foods, Rich Desserts
- **Add**- Lycopene as with tomatoes- See FFF Lycopene
- **Increase**- soy products
- **Supplements**- Vitamin E, talk with your Health Care Provider
- **Exams**- PSA (Prostate Specific Antigen), Digital Rectal Exam
 - **Testicular Exam**- after taking a warm shower or bath one time per month
 - **Place 1 Leg on Commode or Stool**- examine the testicle on the leg elevated; gently roll it between the fingers and thumb of both hands, repeat on other side
 - **Normal**- round and smooth, 1 testicle is slightly larger
 - **Abnormal**- nodules, hard lump, enlargement
- **Wear**- protective gear during sports, safe sex
- **Prevention/Pain from an Accident**- elevate the scrotum with a cushion, apply ice pack, wearing a jock strap, aspirin, acetaminophen, warm baths

