S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Center for Health & Well-Being

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"Balls & Boobies"

Testicular Cancer

The chance of developing testicular cancer is 1 in 270. Estimates for 2011: about 8,290 new cases of testicular cancer will be diagnosed and approximately 350 men will die from testicular cancer.

Testicular cancer is one of the most readily cured types of cancer when detected in the early stages.

Testicular Self-Examination (TSE)

Since college men are usually of the age when testicular cancer develops, it is important to perform testicular self-exams each month. This is one of the best and easiest ways to detect cancer in the early stages. The best time to do a self-exam is during or after a warm bath or shower. *Keep in mind that just because you may find a lump does not mean it is cancerous.*

Warning Signs and Symptoms

- ⇒ enlargement or swelling of a testicle
- ⇒ a small hard painless lump, about the size of a pea, often found in the front or side of the testicle
- ⇒ firmness or hardness of one or both testicles
- ⇒ a lump or thickening of the testicle
- ⇒ sensation of heaviness or aching in the lower abdomen or scrotum
- ⇒ unusual tenderness, pain, problems in urination, enlarged lymph glands

Adapted from The American Cancer Society; Parlay International "Men's Health" ; www.cancer.gov/cancer_information/cancer_type/tesitvular/

Breast Cancer

In America, 1 in 8 women will develop breast cancer during her lifetime. Cancer is not necessarily fatal.If cancer is detected early, it can often be cured. All lumps are not malignant. Eighty percent of all breast lumps are benign or non-cancerous.

Breast cancer is the second leading type of cancer in all women. If detected early it is most likely to be cured and treated. Over 95 percent of women who have treatment in the early stage of cancer remain cancer free for 10 years or more. The key is to be aware of your body and changes that may occur.

Breast Self Examination

The best time to do a BSE is 2-3 days after your period ends. This is the time of the month when your breasts are least likely to be tender or swollen. By examining your breasts regularly, you will know how your breasts normally feel. In turn, this will help you notice any changes that may occur. If you find changes, consult your doctor.

Warning Signs and Symptoms.

- a lump or thickening of the breast
- change in breast shape
- discharge from the nipple
- dimpling or puckering of the skin
- retraction of the nipple
- scaly skin around the nipple
- change in skin color or texture of the breast

http://www.webmd.com/breast-cancer/guide/breast-self-exam
http://www.breastcancer.org/symptoms/understand_bc/statistics.jsp
http://www.cancer.gov/cancertopics/types/testicular