

To learn more
about this call:

Native Hawaiian Health Care System

Moloka'i	Nā Pu'uwai (808) 560-3653
O'ahu	Ke Ola Mamo (808) 845-3388
Hawai'i	Hui Mālama Ola Nā 'Ōiwi (808) 969-9220
Kaua'i, Ni'ihau	Ho'ōla Lāhui (808) 240-0100
Maui	Hui No Ke Ola Pono (808) 244-4647
Lāna'i	Ke Ola Hou O Lāna'i (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



Halehuki circa 1940

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Native Hawaiian Cancer Network
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Testicular Cancer: What Every Guy Should Know



Endorsed by 'Ahahui o nā Kauka
Native Hawaiian Physicians Association

NATIVE HAWAIIAN CANCER AWARENESS SERIES

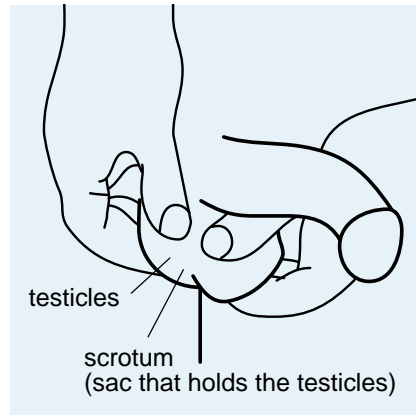
Testicular cancer can be cured if found early.

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.

