



Volume 4...Issue 4



Bladder Chatter

TRU student health & wellness newsletter

Hey Ladies! How many guys do you know?

What's that saying... **Men are from Mars and Women are from Venus?** We all know this rings true on so many levels! In terms of Women's and **Men's Health**, there are many differences, the most obvious being our sex organs of course. With breast and cervical cancer getting so much attention these days, how can we help "the boys" increase their share of the limelight and raise awareness of **testicular cancer**?

What can we do?

The best weapon against testicular cancer is regular screening. Like breast self exams (BSE), monthly testicular self exams (TSE) let guys know what is normal for them, and alerts them to any changes. So when you do your monthly BSE, remind the guys in your life to do their monthly TSE!!



encourage your guys to get a grip with TSE!



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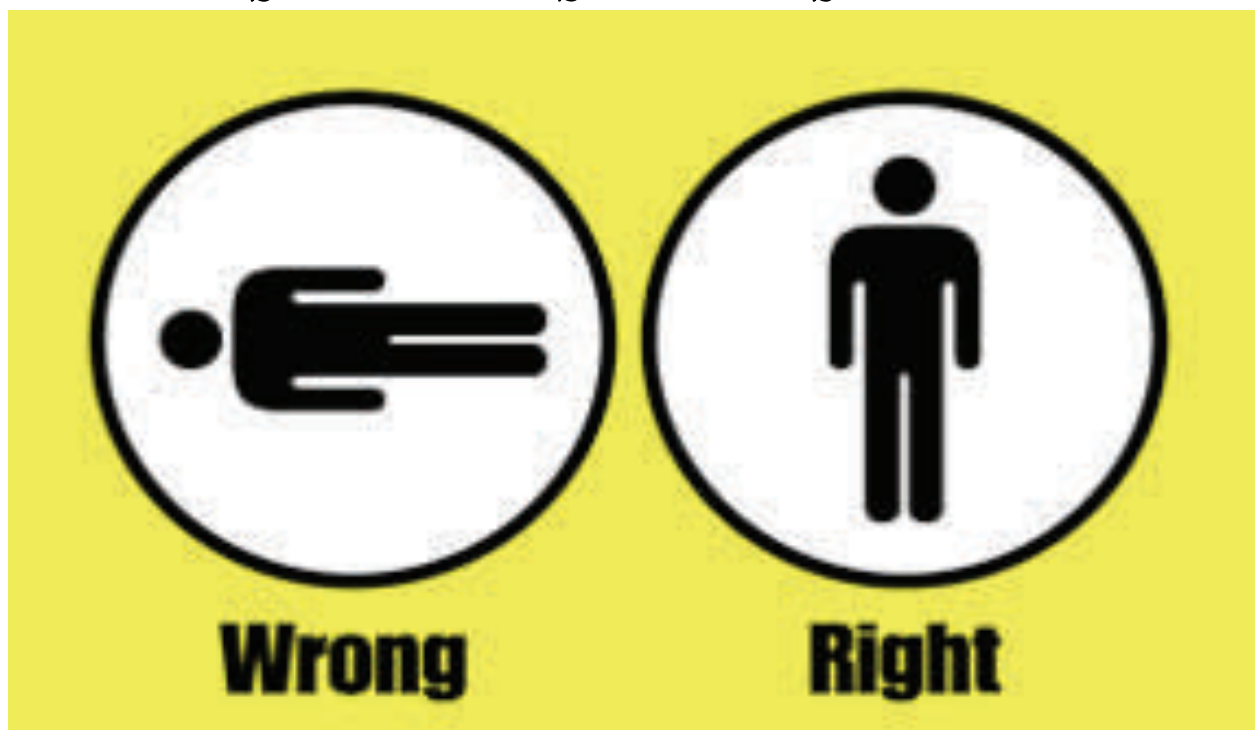
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Questions or comments? Please contact Chelsea at 828-5010 or ccorsi@tru.ca for more info.

**Check us out at www.tru.ca/wellness for more info
on testicular cancer & other Men's Health issues!**

References: www.KeepYoureEyeOnTheBall.org , www.bccancer.bc.ca

ARE THEY ERECT WHEN THEY DO IT?

make sure they are standing when they examine themselves



testicular self exam (TSE)

It is recommended that guys do a self exam once a month to become familiar with the normal size, weight and shape of their testicles. The best time to do it is right after a hot bath or shower as the skin is soft and relaxed from the heat!

did you know?

- ♂ testicular cancer is most common among younger men aged 15—35
- ♂ testicular cancer is not common, but it is often very aggressive
- ♂ early detection can result in less treatment and frequently a complete cure
- ♂ there are very few benign (harmless) testicular tumors so lumps should be checked out immediately
- ♂ the best weapon against testicular cancer is knowing what is normal so that changes are detected early



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References: <http://ericstoller.com/blog/images/uic/areyouerectwhenyoudoit>
<http://www.mayoclinic.com/health/testicular-self-exam/MC00062>

So You Think You're Smart?

what is TSE?

- A** Toronto Stock Exchange
- B** Testicular Self Exam
- C** Transmissible Spongiform Encephalopathies



Yes! The correct answer is B. Although transmissible spongiform encephalopathies are no doubt a popular party topic, the TSE we're referring to is the acronym for testicular self exam.

WHAT SHOULD HE DO IF HE FEELS A LUMP?

- A** Lump? What lump?
- B** Hide under the covers with Elmo
- C** Have it checked out by his doctor



Hero cookie! The correct answer is C. Although Elmo is indeed great company, he shouldn't be the first one your guy tells if he notices any lumps or swelling in his testicles.

when is the best time to do a TSE?

- A** After a hot shower
- B** Dinnertime
- C** Time? What time? He doesn't have time!



Good guess! The answer is A. The heat from a hot shower softens and relaxes the scrotal skin and helps to descend the testicles. This makes it easier to feel for any lumps or changes.

how often should you do a TSE?

- A** Never
- B** Once a month
- C** Only upon threat of nuclear deployment



No! Not C! The correct answer is B. It shouldn't take Elmo with an oozy to get him acquainted with his nether regions! Tell him to get a grip on those boys! Do it once a month!



November Wellness Events...

Stress Busters Week #2
November 26-30
FREE SOS Stations
FREE Reflexology
FREE Exam Relax Sacks

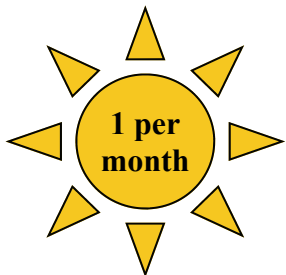
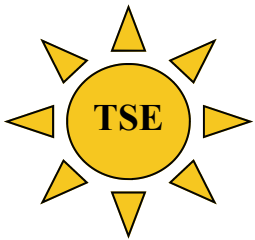
Watch for more details
coming throughout the month!

Men's Health Extravaganza

Mon, Nov 19
11:30am-1pm
Trades & Tech
&

Tues, Nov 20
11:30am - 1:30pm
Student Street

Drop by and learn more about men's
health and enter to win **PRIZES** including:
Blazers tickets & a Team Climb for 5 at
Rope's End



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