



# Bladder Chatter

TRU student health & wellness newsletter

# Men's Health *Testicular Cancer*

## *did you know?*

♂ **testicular cancer is most common among younger men aged 15—35**

♂ **testicular cancer is not very common, but it is often very aggressive**

♂ **early detection can result in less treatment & very frequently a complete cure**

♂ **there are very few benign (harmless) testicular tumors so any lumps should be checked out immediately**

♂ **the best weapon against testicular cancer is knowing what is normal for you so that any changes are detected early**



***get a grip! perform monthly testicular self exams!***



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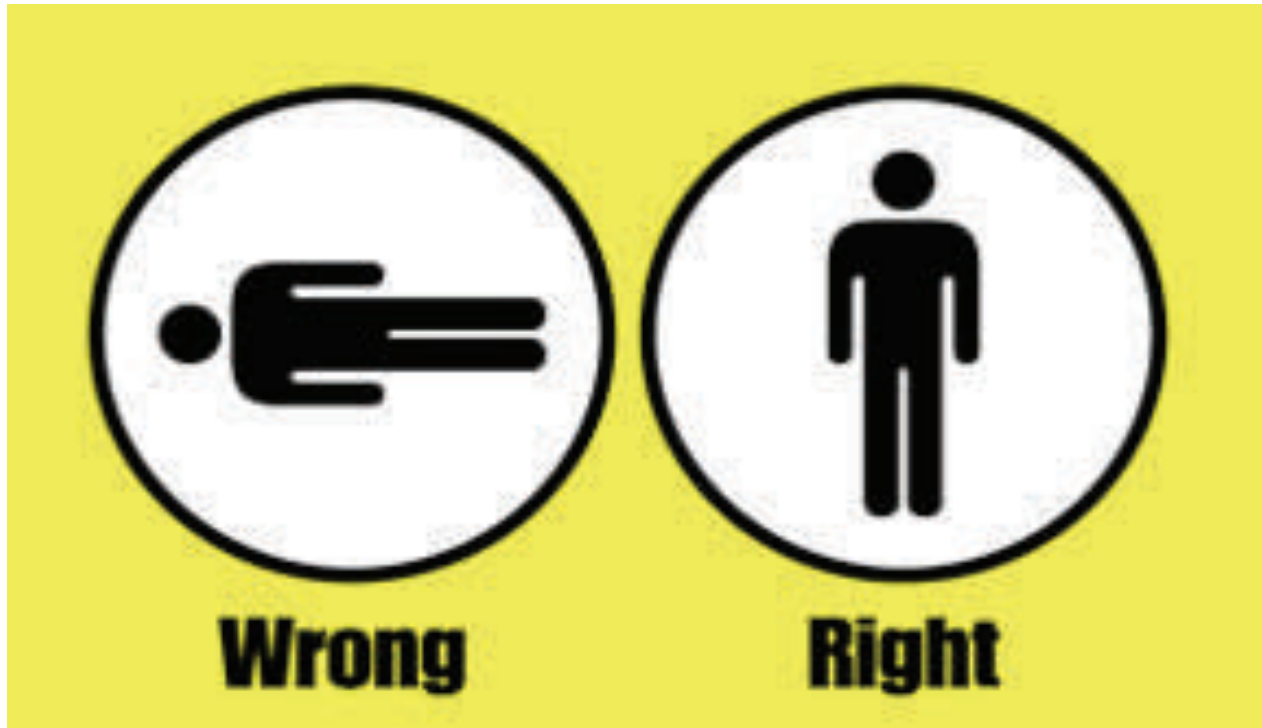
This newsletter is sponsored and published by the TRU Wellness Centre.  
Questions or comments? Please contact Chelsea at 828-5010 or [ccorsi@tru.ca](mailto:ccorsi@tru.ca) for more info.

**Check us out at [www.tru.ca/wellness](http://www.tru.ca/wellness) for more info on testicular cancer & other men's health issues!**

References: [www.KeepYoureEyeOnTheBall.org](http://www.KeepYoureEyeOnTheBall.org) , [www.bccancer.bc.ca](http://www.bccancer.bc.ca)

## are you erect when you do it?

make sure you are standing when you examine yourself



## *testicular self exam (TSE)*

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

1. Stand in front of a mirror to visually check for any swelling or changes in shape.
2. Check each testicle one at a time.
3. Place your index and middle fingers of **both hands** under the testicle and your thumbs on top.
4. Gently roll the testicle between your thumb and fingers. It should feel smooth to the touch.
5. Feel for any hard lumps or swelling on the testicle.
6. Repeat the process with the other testicle.
7. If you find a lump or are concerned about changes in shape or tenderness, see your doctor immediately.



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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 YOU DO IF YOU FEEL A LUMP?

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



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

## when is the best time to do a TSE?

- A** After a hot shower
- B** Dinnertime
- C** Time? What time? I don'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 you acquainted with your nether regions! 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**

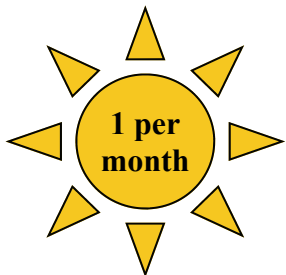
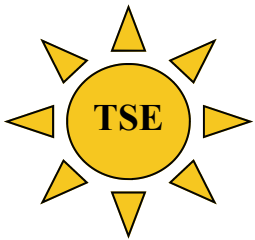
Watch for more details  
coming throughout the month!

**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



This issue was created  
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