RESOURCE KIT – COMMUNITY PRESENTATION

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AGENDA

• Introduction
• What is Testicular Cancer?
• Testicular Cancer Statistics
• Types of Testicular Cancer
• Risk Factors
• Who is affected?
• Symptoms
• Treatment Options
• Facts & Figures
• Resources (Posters, shower cards, brochures, self-examination animation)

• Celebrity Survivors
• Don’t forget!
• Remembering our beloved Sean Kimerling
• Like and follow us on Social Media!

www.SeanKimerling.org
INTRODUCTION

This program has been designed to assist you in raising public awareness about Testicular Cancer. It is critical that your viewers understand that while Testicular Cancer is the MOST COMMON cancer among young men between the ages of 15 and 40, if detected and treated early, it has one of the highest cure rates of all cancers, with a survival rate over 95 percent.

This presentation and resource have been assembled by The Sean Kimerling Testicular Cancer Foundation, a registered 501(c)(3), non-profit organization. Their goal is to provide information about the need for regular self-examinations, the recognition of possible warning signs leading to early detection, and how to seek medical help without embarrassment or fear of stigmatization. In short, to save lives.

All of the presentations include: information about the Sean Kimerling Foundation, basic data about Testicular Cancer and who it targets (risk factors), protection advice including self-examination, critical next steps should something be discovered, and how audience members can support the cause.

The Foundation was established in memory of Sean Kimerling, a 1988 Magna Cum Laude graduate of Georgetown University, a two-time Emmy Award winning anchor of PIX11 sports and pre-game announcer for the New York Mets who died from Testicular Cancer on September 9, 2003, just 1 month after being diagnosed with this disease. He was only 37.

We hope you find this program helpful and we thank you in advance for your invaluable participation.
WHAT IS TESTICULAR CANCER?

Testicular cancer is a disease in which cancer develops in one or both of a man's testicles.

While rare, it is the most common form of cancer in men between the ages of 15 and 40.

Cancer develops when cells begin to grow out of control. As these abnormal cells rapidly grow and develop, they invade and destroy healthy tissues and organs in the body.

It's important to remember that any man, regardless of age or race, can develop testicular cancer.
TESTICULAR CANCER STATISTICS

- **99% curable** if found and treated early
  - 95% survival rate

- Most common form of cancer in men ages 15 – 40
  - Most frequently diagnosed among 20-34
  - Median age at diagnosis = 33
  - About 6% of cases occur in children and young men
  - About 8% of cases occur in men older than 55

- Studies estimate about 9,560 new cases in the U.S. in 2019

- Studies estimate about 410 deaths in the U.S. in 2019

- The incidence rate has been increasing in the U.S. and several other countries over the last few decades

[www.SeanKimerling.org](http://www.SeanKimerling.org)
TYPES OF TESTICULAR CANCER

• Germ Cell Tumors
  More than 90% of cancers of the testicle start in cells known as germ cells. These are the cells that make sperm
  • **Seminomas** - Tend to grow and spread more slowly than non-seminomas.
    a. Classical (or typical) Seminomas
    b. Spermatocytic Seminomas
  • **Non-seminomas** - These types of germ cell tumors usually occur in men between their late teens and early 30s
    a. Embryonal Carcinoma
    b. Yolk Sac Carcinoma
    c. Choriocarcinoma
    d. Teratoma

• Carcinoma in situ of the testicle
  A non-invasive form of TC called **carcinoma in situ (CIS)** or **intraductal germ cell neoplasia**. In testicular CIS, the cells look abnormal under the microscope, but they have not yet spread outside the walls of the seminiferous tubules (where sperm cells are formed)

• Stromal Tumors
  Starts in the supportive and hormone-producing tissues, or stroma, of the testicles

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RISK FACTORS

• Cryptorchidism (An undescended/partially decended testicle)
• Family history of testicular cancer
• Abnormal development
• Klinefelter’s Syndrome
• HIV infection
• Carcinoma in situ of the testicle
• Having had testicular cancer before
• Being of a certain race/ethnicity (studies prove white men are about 4 to 5 times that of black and Asian-American men to develop TC – However, it is important to remember that ANY man, regardless of age or race, can develop TC.)

IMPORTANT: Most boys and men with testicular cancer don't have any of the known risk factors.
WHO IS AFFECTED?

• Families
• Partners
• Relatives
• Friends
• The Community

Spreads Quickly So...
EARLY DETECTION = SAVING LIVES
INCREASE YOUR ODDS
KNOW THE SYMPTOMS

• Pain (Sometimes A Dull Ache)
• Hardness
• Shortness of breath
• Swelling
• A small, Painless Lump
• Heaviness In The Scrotum Or Groin
• Back Pain
• Early puberty in boys

IMPORTANT: There have been several cases of men diagnosed with TC often having no pain at all.

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Do your testicles feel okay?
TREATMENT OPTIONS

• Surgery
• Chemotherapy
• Radiation
FACTS & FIGURES

What’s your risk?

*Surveillance Epidemiology and End Results (SEER) Fact Sheets/Cancer of the Testis

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FACTS & FIGURES

What’s your risk?

![RACE Pie Chart]

*Surveillance Epidemiology and End Results (SEER) Fact Sheets/Cancer of the Testis

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RESOURCES - Poster

Perform a self-exam:

1. Take a quick test with one hand:
   - Lay your hand and palm flat on a table, elbow out to the side, fingers cupped.
   - Place your hand in a slightly diagonal position to get above the little finger of your hand.
   - Using both hands, examine one testicle at a time looking for any lumps or abnormalities.

2. Next, lay your hand on your chest:
   - Spread the fingers of your hand and examine your testicles.
   - Make sure your hand is in a comfortable position for you.

3. Now, lay your hand on your chest:
   - Spread your fingers to examine your testicles.
   - Make sure your hand is in a comfortable position for you.

4. Finally, place your hand on your chest:
   - Spread your fingers to examine your testicles.
   - Make sure your hand is in a comfortable position for you.

Check EM. - It's the #1 cancer in men under 40.

For more information:
www.SeanKimerling.org
checkyourselfout.org

www.SeanKimerling.org
RESOURCES – Shower Card

www.SeanKimerling.org
RESOURCES - Brochure

PERFORM A SELF-EXAM

1. Look for any changes in the size or shape of your testicles. This is the most common way to notice a lump or swelling.

2. Stand or sit and gently pull your testicles down to your pubic bone. You may need to use both hands to reach your testicles.

3. Inspect your testicles in the mirror by shining light on them. You may also want to ask a friend to help you by holding your testicles while you look at them.

4. If you notice any changes in your testicles, such as a lump or swelling, schedule an appointment with your doctor for further evaluation.

ABOUT THE FOUNDATION

The Sean Kimerling Testicular Cancer Foundation is a non-profit organization dedicated to raising awareness and educating the public about testicular cancer. Our mission is to empower men and their families to take action against testicular cancer by providing information and resources to help them make informed decisions about their health.

ALMOST EVERY HOUR OF EVERY DAY ONE YOUNG MAN IN THE UNITED STATES WILL BE DIAGNOSED WITH TESTICULAR CANCER.

WHAT IS TESTICULAR CANCER?

Testicular cancer is a disease in which cancer develops in one or both testicles. Symptoms may include a lump or swelling in the testicles, a change in the size or shape of the testicles, or pain or tenderness in the testicles. If you notice any changes in your testicles, it is important to see a doctor as soon as possible.

WHAT ARE THE SYMPTOMS?

Symptoms of testicular cancer can vary, but some common signs include:

- A lump or swelling in the testicles
- A change in the size or shape of the testicles
- Pain or tenderness in the testicles
- Difficulty urinating

Early detection is critical to successful treatment. If you notice any changes in your testicles, schedule an appointment with your doctor for further evaluation.

BETWEEN REGULAR CHECKUPS OR IF YOU NOTICE ANY CHANGES OR ABNORMALITIES, IT IS IMPORTANT TO SEEK MEDICAL ADVICE IMMEDIATELY.
RESOURCE –
Self-Examination Animation

www.SeanKimerling.org
10 CELEBRITY SURVIVORS

- Dan Abrams, TV legal news personality*
- Tyler Austin, MLB player*
- Lance Armstrong, pro bicyclist
- Chad Bettis, MLB player
- Tom Green, comedian
- Scott Hamilton, pro figure skater & broadcaster
- John Kruk, MLB player
- Billy Mayfair, pro golfer
- Nate Solder, NFL player
- Taboo, Musician/Rapper/member Black Eyed Peas
- Nathan Adrian, 5 time Olympic Gold Medalist

* SKTFCF partner

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REMEMBER..

• Most Common Cancer for Young Men ages 15-40
• Spreads Very Quickly
• Once diagnosed TC affects everyone around you
• Is More Than 99% Curable If Caught and treated Early
• Perform a self-examination at least once a month – awareness is the cure to TC!
• If you find something – say something!

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REMEMBERING SEAN KIMERLING

• Two-time Emmy Award winning anchor of WPIX sports

• Pre-game announcer for NY Mets baseball

• Magna cum laude graduate of Georgetown University

• Following 1-1/2 years of misdiagnoses, Sean died in 2003 at age 37, just 1 month after finally being diagnosed with Stage 4 TC

www.SeanKimerling.org
FREE INFORMATION

HELP us spread the word about this deadly but curable disease!

The Sean Kimerling Testicular Cancer Foundation distributes FREE self-examination shower cards to various schools, health fairs and medical facilities around the U.S.

ORDER YOUR FREE INFORMATION ABOUT TESTICULAR CANCER NOW!

E-mail us at natalie@seankimerling.org

www.SeanKimerling.org
BE A MAN – SELF EXAM!

Check ‘Em!!
If he hears “you have testicular cancer”, he needs to hear “we caught it early”!