AGENDA

- Introduction
- What is Testicular Cancer?
- Testicular Cancer Statistics
- Types of Testicular Cancer
- Risk Factors
- Facts & Myths
- My story
- Who is affected?
- Symptoms
- Self Examination
- Treatment Options
- Facts & Figures
- Resources (Posters, shower cards, brochures, self-exam 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

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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 intratubular 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

Testicular Cancer

Healthy

Testicular Cancer

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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.
FACTS

- The most COMMON cancer in young men ages 15-40
- Up to 99% curable when caught and treated early
- Only 4% of testicular cancer tumors are discovered by doctors
- White men are approximately 5 times as likely as African-American men and twice as likely as Asian-American men to develop testicular cancer. Native American and Hispanic men have a greater risk than African-American men, but lower than white men. The cause is unknown.
- Women have helped diagnosed a significant number of testicular cancer tumors
- Often a person with TC will not feel any pain
- Best time to perform a self-examination is during or immediately after a warm shower
- Self-examination is vital – takes only a few minutes and can be done in the comfort of your own home
- Any man, regardless of age or race, can develop testicular cancer.

**There are NO known causes for testicular cancer!**
MYTHS

- Tight underwear
- Riding a bike
- Masturbation
- Inability to have biological children post testicular cancer
- Low sex drive
- Only affects older men
- Vasectomies can cause testicular cancer
MY STORY
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.
HOW TO PERFORM A SELF-EXAMINATION

1. It’s best to do a TSE during or right after a hot shower or bath. The scrotum (skin that covers the testicles) is most relaxed then, which makes it easier to examine the testicles.

2. Using both hands, examine one testicle at a time feeling for any lumps or abnormalities.

3. Place your thumbs over the top of your testicle, with the index and middle fingers behind, roll it between your fingers. When examining, feel for any lumps or bumps that may be as small as a piece of rice or a small, hard pea.

4. Look for any swelling in the skin of the scrotum or in the groin in front of the mirror. Although lumps or swelling may not be cancer, you should contact your doctor right away if you notice any changes in your testicle or have any pain in your groin for an accurate diagnosis.

www.SeanKimerling.org
TREATMENT OPTIONS

- Surgery
- Chemotherapy
- Radiation
FACTS & FIGURES

What's your risk?

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

www.SeanKimerling.org
FACTS & FIGURES

What’s your risk?

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

PERFORM A SELF-EXAM

1. Performing a TSE during or right after a warm shower or bath will make your skin more pliable, which makes it easier to detect any abnormalities.

2. Utilize both hands equally in your examination to check for any lumps or abnormalities.

CHECK EM.

Testicular cancer – it's the #1 cancer in men under 40.

3. When your hands are dry, wrap them in the testicles below the waist.

4. When your hands are dry, wrap them in the testicles above the waist.

Look for any numbness in the testicles. If you notice any changes, see your doctor right away. If you notice any changes on your testicles, call your doctor right away. If you notice any changes on your testicles, call your doctor right away.

www.SeanKimerling.org
RESOURCES – Shower Card

www.SeanKimerling.org
RESOURCES - Brochure

PERFORM A SELF-EXAM

1. Stand in front of a mirror and look at your scrotum. Look for any lumps or swelling. If you see anything unusual, see a healthcare provider.

2. Sit on the edge of a bathtub and gently pull your scrotum up. This will help you see and feel for any lumps or swelling. If you see anything unusual, see a healthcare provider.

3. Stand in front of a mirror and look at your scrotum. Look for any lumps or swelling. If you see anything unusual, see a healthcare provider.

4. Sit on the edge of a bathtub and gently pull your scrotum up. This will help you see and feel for any lumps or swelling. If you see anything unusual, see a healthcare provider.

KNOW WHAT IS NORMAL FOR YOU...

- If you notice changes in the size, shape, or texture of your testicles, see a healthcare provider.
- If you notice changes in the number of testicles you have, see a healthcare provider.

ABOUT THE FOUNDATION

The Sean Kimerling Testicular Cancer Foundation is a non-profit organization dedicated to raising awareness about testicular cancer. The Foundation offers resources and support to men and their families affected by testicular cancer.

BE A MAN-SELF EXAM CHECK EM ONCE A MONTH

- Stand in front of a mirror and look at your scrotum. Look for any lumps or swelling. If you see anything unusual, see a healthcare provider.
- Sit on the edge of a bathtub and gently pull your scrotum up. This will help you see and feel for any lumps or swelling. If you see anything unusual, see a healthcare provider.

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

Testicular cancer is the most common cancer in men between the ages of 15-34.

WHAT IS TESTICULAR CANCER?

Testicular cancer is a unique type of cancer that occurs in the testicles. It is the most common cancer in men between the ages of 15-34.

WHAT ARE THE SYMPTOMS?

- A lump or swelling in the testicle
- A change in the size or shape of the testicle
- Pain or discomfort in the scrotum

Early detection is critical to survival.

- Regular check-ups with your healthcare provider
- Testicular self-exam once a month

Donations can be made online at www.SeanKimerling.org

RESOURCE –
Self-Examination Animation

www.SeanKimerling.org
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

* SKTCF 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!**
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
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
THANKS FOR LISTENING.. PLEASE BE SURE TO SPREAD THE WORD!

BE A MAN – SELF EXAM!

At least ONCE a month

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

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