

WHAT WE DO.

Save Lives and
Reduce Suffering

1.

Our awareness program helps us save lives and reduce suffering. Considering the fact that this cancer affects young men and touches on a somewhat embarrassing subject, the goal is to break down the taboos surrounding the disease. We reach millions every year with your help and donations.

2.

Along with our awareness tools, we are the most complete and verifiable source of information on testicular cancer in Canada—and probably the world. Our medical advisory board develops tools to make information accessible and useful.

3.

The support we offer men with testicular cancer, as well as their families, helps reduce their own distress associated with cancer. We have an army of volunteers ready to help you get through this ordeal.

DO YOUR PART.

Awareness really is the first step. If you're a male aged 15 or older, check 'em. Regularly.

To help grab testicular cancer by the balls, consider donating to Testicular Cancer Canada.

100% of donations go towards raising awareness and supporting those affected.



DON'T LEAVE US HANGING.

P: 1-844-9TESTES (83-7837)

E: info@testicularcancer.ngo

testicularcancer.ngo

TIME TO TOUCH YOURSELF




Testicular cancer is the most prevalent cancer in young men. It's also among the most *treatable*.

TESTICULAR
CANCER
CANADA 

FEELIN' YOURSELF.


Take one minute a month to check out your boys.

JUST RELAX




Check your testicles just after you've had a bath or shower, when the muscles in the scrotum are relaxed, making it easier for you to feel any lumps, growths or tenderness. Stand in front of the mirror. Look for any swelling on the skin of your scrotum.

SIZE UP & WEIGH




Hold your scrotum in your hands and feel the size and weight of each testicle. It is common for one testicle to be slightly larger or hang lower than the other.

FEEL FOR LUMPS OR CHANGES



Feel each individual testicle and roll it between your thumb and finger. It should feel smooth. It's normal to feel a soft, tender tube towards the back of each testicle. You shouldn't feel any pain when checking your testicles.

KEEP AN EYE OUT



Once familiar with how your testicles feel, keep an eye out for any changes. If you detect a change, don't freak out—just see a doctor as soon as possible.

EXPERIENCING ANY OF THESE SYMPTOMS?

Don't freak out, but get to a physician to get yourself checked out immediately. Other health problems can involve the same symptoms. On the other hand, some males get testicular cancer without showing these signs, so testing is necessary to make a diagnosis.

WHAT TO LOOK OUT FOR:

- A hard, painless lump on either of your testicles (not always present).
- A change in the size, shape, tenderness or feel of your testicles or scrotum.
- Swelling or pain in your testicles or scrotum.
- A feeling of heaviness in your lower abdomen or scrotum.
- An unusual back ache that doesn't go away.
- A soreness or sudden, unexplained growth around your pectoral muscles.
- Unexplained weight loss.

GIVE US A HAND.

All donations directly help fund Testicular Cancer Canada's programs, such as educational campaigns aimed at high schools, universities, colleges and military bases. Your donation also helps fund our outreach and support programs for testicular cancer survivors.

Give online: testicularcancer.ngo/give

Online giving is the most cost-effective way to support us.

✂

Don't have access to an internet connection or simply prefer to send your donation (cheque or money order) the old fashioned way? That's fine, we also take payments by mail.

SIMPLY MAKE IT PAYABLE TO:

Testicular Cancer Canada
CP 65056 BP Mozart
Montreal, QC
H2S 0A3

To receive an *official donation receipt for income tax purposes*,* please fill out the following:

FULL NAME:

ADDRESS:

CITY:

PROVINCE:

POSTAL CODE:

PHONE NUMBER:

EMAIL:

Please indicate how you'd like to receive your receipt:

☐ Email**

☐ Mail

*Mailed donations above \$20 are eligible to receive an *official donation receipt for income tax purposes*.

** Sending donation receipts by email is the most cost effective way for us. Please help us keep our costs low.