



Western
Health

Men's Health: Testicular & Breast

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Objectives:

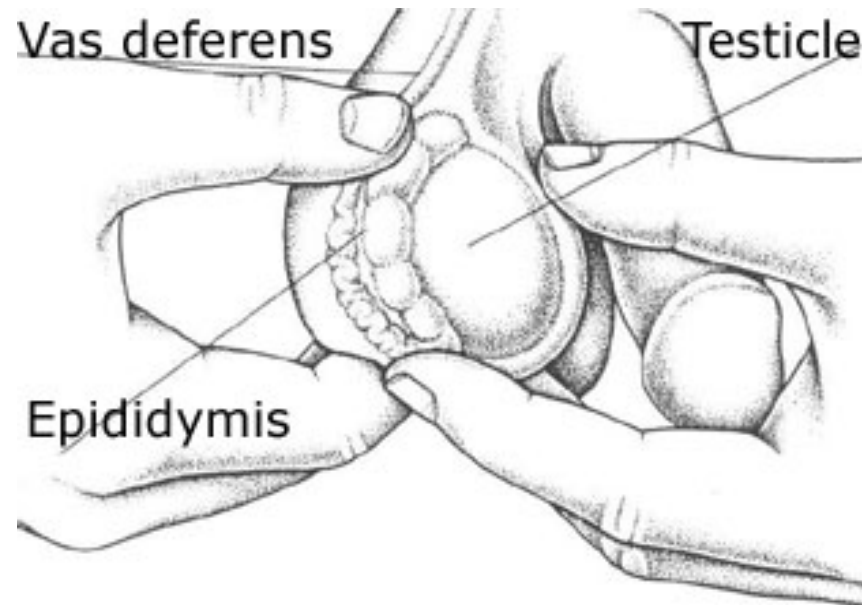


You will learn:

- How to perform a testicular self-exam and breast self-exam.
- You will know when to perform testicular and breast self-exams.
- You will know the difference between normal and abnormal testicles and breasts.

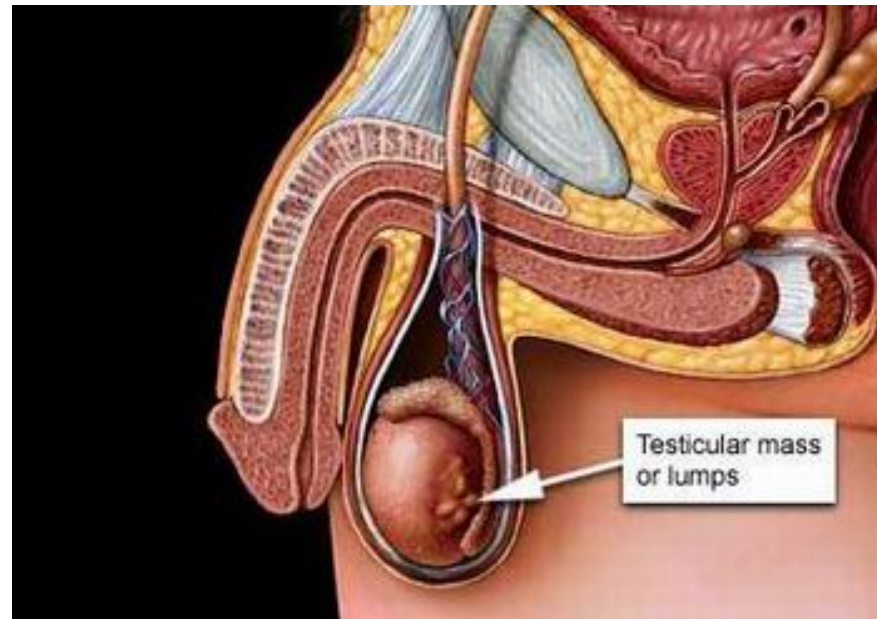
Testicles:

- The testicles (testes) are located inside the scrotum, a loose bag of skin underneath the penis.
- The testicles produce male sex hormones and sperm for reproduction.



Cause of Testicular Cancer:

- Is not clear.
- Testicular cancer occurs when healthy cells in a testicle become altered.
- Then the accumulating cells form a mass in the testicle.



Facts:

- Testicular cancer is rare.
- One of the most common cancers found in men 15-34 years.
- Testicular cancer is highly treatable.
- Regular testicular self-examinations (TSE) can help identify growths early.





Risk Factors:

- Age (15-34) but can occur at any age
- Undescended testicles
- Abnormal testicle development
- Early puberty
- Family history
- Race: more common in white than black men
- Injury to testes or scrotum

Why perform a TSE?

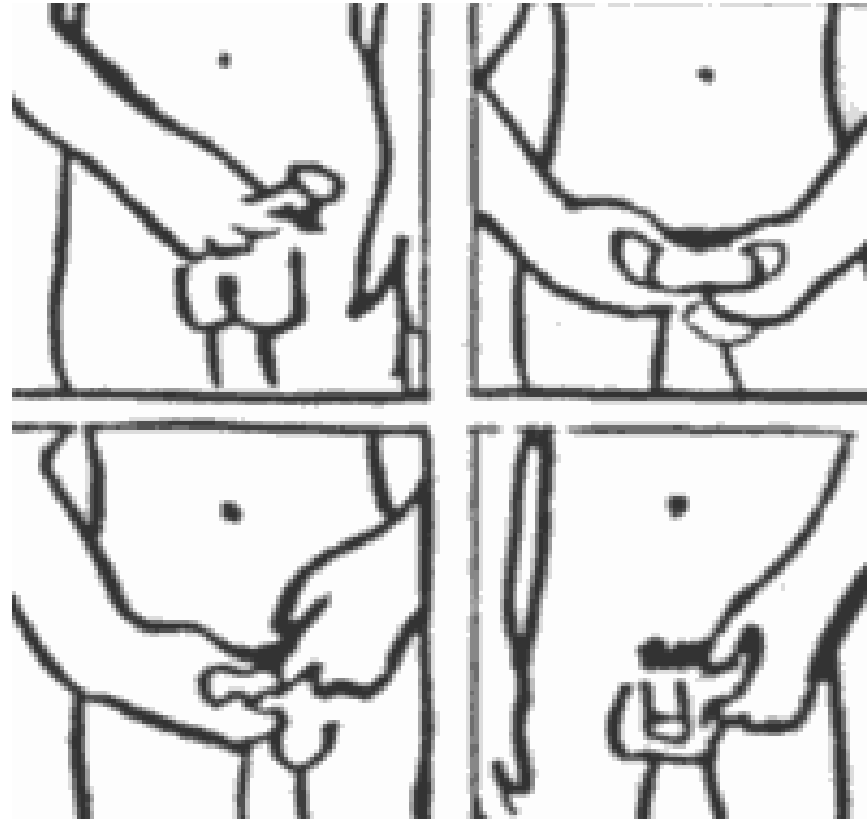
- Easy way of detecting changes in your testes.
- Testicular cancer is the most common solid tumor found in males between 20-34.
- Early detection can make a positive difference in the treatment and outcome of the disease.



TSE: Visual Inspection

- Best performed after a bath or shower when the muscles of the scrotum are relaxed.
- Stand in front of a mirror. Look for any swelling on the skin of scrotum.
- Normal for one testicle to be larger and hang lower than the other.
- Check for noticeable change in the size and weight of your testicles.

Testicular Self Examination:



TSE:

- Examine each testicle with both hands.
- Roll each testicle between the thumbs and fingers of both hands.
- Check the entire testicle.

- **A normal testicle is firm, smooth, egg shaped, and about 1 1/2 inches long.**

- Feel the soft tube at the back and top of each testicle (epididymis) which stores sperm.
- Feel the firm, smooth tube of the vas deferens which runs up from the epididymis.

When to Perform TSE:

- Once a month
- After a hot bath or shower
- Perform while standing



By regularly performing this exam, you will become more familiar with your testicles and aware of any changes that might be of concern.

Signs and Symptoms:

- Small, hard, painless lump in the testicle (most common warning sign).
- Feeling of heaviness in the testicle.
- Enlargement of the testicle.
- A new collection of fluid or blood in the scrotum around the testicle.
- A dull ache in your abdomen or groin.
- Pain in the scrotum or testes.
- Enlarging breasts or breast tenderness.



Diagnosis:

- Physical examination
- Ultrasound
- CAT Scan
- Blood Tests
- Needle Aspiration
- Biopsy



Treatment:

- Depends on:
 - Type of tumor
 - The stage of the tumor
 - The stage of the disease
- Includes:
 - Surgery
 - Radiation
 - Chemotherapy



Follow Up:

- Regular check-ups
- Blood tests
- Scans
- X-Rays

One of the most curable types of cancer.

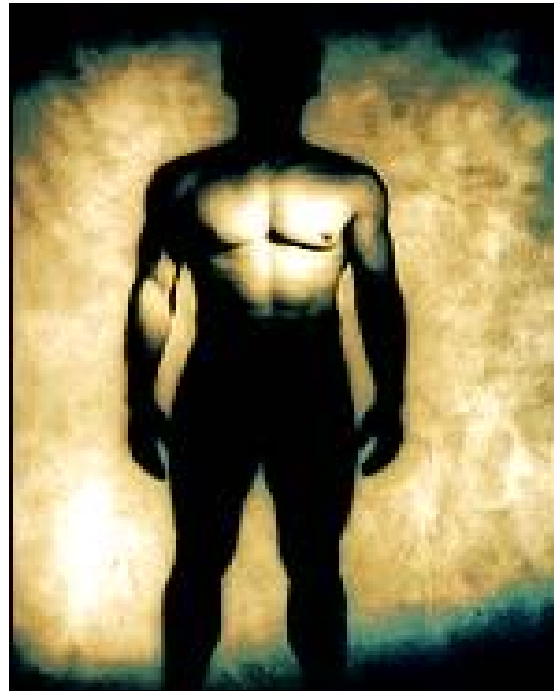
Summary:

- Testicular cancer is rare but rates are rising.
- One of the most common cancers found in men 15-34 years.
- If diagnosed early, almost all cancers of the testicle can be cured.
- Know the risk factors and warning signs.
- Perform a TSE regularly.
- If you find anything see your doctor.



Male - Breast Health:

- Men can develop breast cancer.
- It is 1000 times less common compared to women.





Breast Health:

- At puberty :
 - the male hormone levels start to rise.
 - this makes breast tissue tender and grow slightly (normal).
 - In a few, the breast will remain large at the end of teen years.
- Obesity is a common cause of breast enlargement.
- Medication can also cause breast enlargement.

Male Breast Self-Exam (MBSE)

1. Place your left arm above and behind your head. Use three middle fingers of your right hand, press your breast against your chest wall.
2. In a circular motion feel small portions of your left breast, going around until you have covered the entire breast and underarm. Do it slowly.
3. Repeat again with the opposite side.
4. Start at the outermost top edge of your breast and spiral towards the nipple.
5. Feel for hard lumps or bumps in your breasts.
6. Gently squeeze both nipples and look for any discharge.
7. Look for changes in the size and shape of each breast, e.g., dimpling, or changes in skin texture.

What are the symptoms?

- A hard, painless lump in the breast tissue (most common sign).
- Pain in the breast.
- Nipple retraction (turning inward).
- Redness or scaling of the nipple or breast skin.
- Discharge from the nipple.

**Remember that most breast lumps
in men are not cancer.**

When to perform the MBSE?

- During or right after a warm shower or bath.
- Warm, soapy water relaxes and smoothes the skin, making the MBSE easier to perform.
- Remember to do the MBSE once a month.

