



AWARENESS COMMUNITY SURVIVORSHIP

## Did you know?

TESTICULAR CANCER IS THE MOST COMMONLY DIAGNOSED CANCER IN MALES AGES 15-35

...

10,000 MEN WILL BE DIAGNOSED IN THE USA EVERY YEAR

...

1 MALE IN THE USA IS DIAGNOSED WITH TC EVERY HOUR EVERY DAY

...

1 MALE IN THE USA DIES OF TC EVERY DAY

...

WHEN DETECTED EARLY, ALMOST 99% OF MEN DIAGNOSED WITH TC SURVIVE

...

THERE ARE NO ROUTINE SCREENING TESTS FOR TC

...

ALL IT TAKES IS A SIMPLE MONTHLY SELF-CHECK TO BECOME AWARE OF ANY CHANGES TO YOUR ACORNS

...

THE MOST COMMON SIGN OF TC IS A LUMP OR SWELLING IN THE ACORN

[CheckYourAcorns.org](http://CheckYourAcorns.org)

@CHECKYOURACORNS



# Check Your Acorns

.org

Raleigh Testicular Cancer Foundation

## Just follow these 3 steps:



### Step 1

START CHECKING YOUR ACORNS ONE AT A TIME.



### Step 2

HOLD EACH ACORN BETWEEN YOUR THUMBS & FINGERS OF BOTH HANDS & ROLL IT GENTLY BETWEEN YOUR FINGERS.



### Step 3

IF YOU NOTICE ANY OF THESE SYMPTOMS...

- HARD LUMPS
- SMOOTH OR ROUNDED BUMPS
- CHANGE IN SIZE, SHAPE OR CONSISTENCY

...SEE A UROLOGIST RIGHT AWAY

**THE BEST TIME TO CHECK YOUR ACORNS IS IN THE SHOWER!!**

BE SURE TO **CheckYourAcorns** ONCE A MONTH.

THE BEST WAY TO INCREASE YOUR CHANCES OF SURVIVING TESTICULAR CANCER IS BY DETECTING IT AS EARLY AS POSSIBLE.

