

## THE MISSION

I AM HIKING TO BRING AWARENESS TO TESTICULAR CANCER AS WELL AS RAISE FUNDS TO HELP DIRECT MEN TO BOTH SECULAR AND FAITH BASED RESOURCES FOR ALL ASPECTS OF THEIR LIVES.



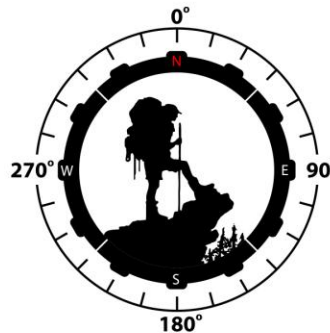
**Please, help me raise the awareness level in the US.**

**So everyone understands the dangers of Testicular Cancer**

## SHOW YOUR SUPPORT



T-shirts, Awareness Wristbands, Hats, and Ribbons are our way of saying thank you for your supporting the cause with donations.



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**TESTICULAR CANCER  
AWARENESS**

*UNDERSTANDING THE  
DANGERS OF TESTICULAR  
CANCER*



# Facts:

Testicular cancer is a direct threat to lymph nodes if not detected in the early stages

Testicular cancer is the leading cancer in men under 40

Higher death rate than breast cancer in this age group

One new diagnosis every hour

A family history of testicular cancer

A history of testicular cancer in the other testicle

There will be nearly 9,000 new cases of Testicular Cancer diagnosed

During 2010 and 380 young men will die from the disease because they didn't catch it in time.

That is more deaths than women in this age group who will die of breast cancer.

In addition, there will be 1,280 men diagnosed with penis and other genital cancers of which 290 men will die.

That's 290 too many.

## ! WARNING SIGNS!

### Appearance

- Any change in the outline or look of the testicle
- Any change in size of the testicle
- Any change in shape of the testicle
- Any unusual difference between one testicle and the other

### Feelings

- Pain or discomfort in the testicle or scrotum
- A heavy or dragging feeling in the scrotum

### Lumps

- A hard lump on the front or side of the testicle
- Swelling or enlargement of the testicle
- Change in the consistency of the testicle

## Self-Check

1. Stand up and support the testicles in the palm of your hand to check the size and weight. Although one testicle may be slightly larger than the other, they should be the same weight.

2. Hold one testicle between the thumb (on top) and the middle and index fingers (underneath) and roll gently, checking for lumps, tenderness, or changes in consistency.

3. Do the same with the other testicle.

4. Repeat this process at a regular time each month so you do not forget.

5. If any irregularity is found contact your family physician for a check-up.

For more information:

[www.JASONSWALK.com](http://www.JASONSWALK.com)