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## **Will men tie their violet ribbons? Testicular cancer and testicular self-examination**

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The American Association for Cancer Research has declared the month of April as the global awareness month for testicular cancer (TC).<sup>1</sup> Worldwide, TC is the most frequently reported malignancy in the males aged 20-40 years, while being the second most reported cancer in the teenage group of 15-19 years.<sup>2</sup> The Collective Cancer Registry Report of Shaukat Khanum Memorial Cancer Hospital Lahore from 1994 to 2022 states its prevalence to be 4% in Pakistan.<sup>3</sup>

Various factors, such as sociocultural taboos, religious myths, and marked illiteracy, are some of the key factors for the lack of awareness regarding TC. Male patients are not open to discuss their sexual and reproductive problems even within their families. Getting diagnosed with TC is considered a “death sentence” owing to the worse prognosis. Religious and egoistic myths exist in our society, which also contribute toward the delayed diagnosis of this

clinical entity. The educational curricula and mass media are devoid of any such concepts of awareness for teens as well as for adults to encourage timely detection and management of this grave disease.

The European Association of Urology (EAU) and the National Institute of Cancer, United States, advocate monthly “testicular self-examination” (TSE) among males aged 18-35 years.<sup>4,5</sup> The EAU further emphasizes that the stage and prognosis of TC are highly related to its early diagnosis, which in usual presentation is possible by TSE.<sup>4</sup>

TC and TSE awareness should be started at home. This public awareness poster is an easy approach to make the general public, attending the outpatient department, understand the very basics of TC and TSE.

## Testicular Cancer and Testicular Self Examination

The reproductive organs that produce sperm, present in between the thighs of a man are commonly called the testes, kernel, balls, nuts or the gonads.



The month of April is celebrated every year around the world to spread awareness about the testicular cancer.

Testicular cancer is the most common cancer in men aged 15 to 35 years.

The testes should be examined once a month, at least.

The best time to examine the testes is while taking a bath.

### STEPS:



Hold the testis on one side with your one hand. The thumb of your hand should be in the front and all other fingers should be placed at the back of that testis.

Palpate your testis with your thumb and fingers moving them from top to bottom, from right to left and in a circle.



Feel the thick cord like structure on the back of the testis. It is normally present and is not a sign of illness

Try to feel any kind of swelling, knot or mass in the testis. It is common for the two testes to differ in size. This is not a sign of illness.



A painless lump, pain in the whole testis, heaviness of the testis, diffuse swelling of the testis or persistent chest pain can be symptoms of testicular cancer. Consult your nearest physician in this case, as soon as possible.



## گٹھلیوں کا کینسر اور گٹھلیوں کا خود معائنہ

مرد حضرات کی ٹانگوں کے نیچے موجود نطفہ بنانے والے تولیدی عضو کو عام الفاظ میں گٹھلی، کپورہ، ورن، کپورہ یا گیند کہتے ہیں

اپریل کا مہینہ ہر سال عالمی سطح پر گٹھلیوں کے کینسر کی آگہی پھیلانے کے لئے منایا جاتا ہے۔

گٹھلیوں کا کینسر ۵۱ سے ۵۳ سال کے مرد حضرات کا سب سے عام کینسر ہے۔

گٹھلیوں کا معائنہ ہر ماہ ایک دفعہ کرنا چاہی۔

گٹھلیوں کے معائنے کا سب سے بہترین وقت نہانے کا وقت ہے۔

گٹھلیوں کے معائنے کا طریقہ

اپنے ایک طرف کے ہاتھ سے ایک طرف کی گٹھلی کو تھام لیں۔ آئکے ہاتھ کا انگوٹھا سامنے ہو اور شہادت کی انگلی اور دوسری انگلی پیچھے کی طرف ہو۔



اپنے انگوٹھے اور انگلیوں کو اپنی گٹھلی پر اوپر سے نیچے، دائیں سے بائیں اور ایک دائرے میں پھیرتے ہوئے جائزہ لیں۔

گٹھلی کے پیچھے کی سطح پر موجود ایک موٹی نالی کو مسوس کریں۔ اس کا موجود ہونا ایک عام بات ہے اور یہ بیماری کی علامت نہیں ہے



گٹھلی میں کسی بھی قسم کی سوجھ، گرہ یا ماس کو مسوس کرنے کی کوشش کریں۔ دونوں گٹھلیوں کے ناپ میں فرق ہونا ایک عام بات ہے۔ یہ بیماری کی علامت نہیں ہے۔

بے درد گٹھلی میں گٹھی، پوری گٹھلی میں درد، گٹھلی کا بھاری پن، گٹھلی کا سوجھ جانا یا مسلسل چھاتی میں درد گٹھلی کے کینسر کی علامات ہو سکتی ہیں۔ اس معاملے میں جلد از جلد اپنے قریبی معالج سے رجوع کریں۔

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### List of Abbreviations

TSE Testicular self-examination  
TC Testicular cancer

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