



**Northwestern
Health Unit**

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**The Northwestern Health Unit is bringing
Testicular Cancer Awareness to Young Men in January**

If you are a male between the ages of 15-29, chances are, you are going to be told by the Northwestern Health Unit this January to "Check 'em".

January has turned into "MANuary"; a month dedicated to raising awareness of testicular cancer in Canadian men. The Northwestern Health Unit started promoting MANuary last year in collaboration with the Canadian Testicular Cancer Association.

"We were surprised at the lack of awareness among males in our communities," says Patty Foster, Public Health Nurse at the Northwestern Health Unit. "There is a definite need for education regarding testicular cancer".

Testicular cancer is the most common cancer among males between the ages of 15-29 and when detected and treated early, it is one of the most curable forms of cancer.

Foster adds that males 15 years and up are encouraged to learn more about testicular cancer and to become familiar with their bodies; "You need to know what is normal for you so that you will notice changes if they happen".

"This month we will be working in our communities and in our schools to promote awareness of testicular cancer among young males" says Foster "education and early detection are the best way to ensure the best health outcome". For more information about the early detection of cancer contact your local Northwestern Health Unit office or visit www.nwhu.on.ca

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