

Ontario Curriculum

Health and Physical Education

Grade 11 Healthy Active Living Education (PPL30)

Breast & Testicular Cancer Awareness

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Breast & Testicular Cancer Awareness

Description

This lesson provides students with an awareness of breast cancer in young women and testicular cancer in young men. Students will gain knowledge of the disease(s) and factors to enhance their personal health choices, identify risk factors, symptoms and create a personal plan that will reduce chances of developing breast and/or testicular cancer.

Strand: Living Skills

Overall Curriculum Expectation

A1. demonstrate personal and interpersonal skills and the use of critical and creative thinking processes as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade.

Specific Learning Expectation

Living Skills: Critical Creative Thinking

A1.5 use a range of critical and creative thinking skills and processes to assist them in making connections, planning and setting goals, analysing and solving problems, making decisions, and evaluating their choices in connection with learning in health and physical education (e.g., Healthy Living: explain how current issues related to food might influence a person's food choices; identify proactive measures and supports that could assist them in making decisions related to their reproductive, sexual, and overall health).

Strand: Active Living

Overall Curriculum Expectation

A 2. demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living.

Specific Learning Expectations

Active Participation:

A1.2 describe the holistic benefits of lifelong participation in physical activity (e.g., physical health benefits, such as improved resistance to disease (i.e., cancer).

Physical Fitness:

A2.4 develop, implement, and revise a plan that will help them achieve individual health-related fitness and physical activity goals related to lifelong wellness and active living and that incorporates strategies to help them remain active now and in the future.

Strand: Healthy Living

Overall Curriculum Expectations

C1. demonstrate an understanding of factors that contribute to health development

C2. demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions related to their personal health and well-being.

Specific Learning Expectations

Understanding Health Concepts: Healthy Eating

C1.1 describe the impact of various diseases and health conditions (e.g., cancer) on nutrient requirements, food choices, and meal planning.

Making Healthy Choices: Human Development and Sexual Health

C2.3 describe how your understanding of factors that affect reproductive and sexual health and their knowledge of proactive health measures and supports (e.g., measures such as breast and testicular examinations) can be applied to avoid or minimize illness.

Materials and Preparation

The information on the chart is necessary for the lesson. Other possible sources of information are also included below.

Material	Number Required
1. Team Shan Breast Cancer Awareness for Young Women (Team Shan) brochures for breast cancer awareness	1 brochure per student (or group) B can also be printed off from the Team Shan website (teamshan.ca/resources)
2. Testicular Cancer Canada (TCC) brochures for testicular cancer awareness	1 brochure per student (or group) B can also be printed off from the TCC website (testicularcancer.gov/awareness-material)
3. AYA Cancer Fact Sheet	1 teacher resource downloaded from teamshan.ca/aya-cancer-

4. Team Shan Public Service Announcements (PSA)	factsheets/english-aya-factsheets 1 per class - downloaded from teamshan.ca/resources
Student AYA Cancer Fact Sheet (App 1) Student KWL Chart (App 2) Student Jigsaw Organizer (App 3) Teacher Jigsaw Organizer (App 4 & 5) Rubric for Personal Plan (App 6) Student Copy of Personal Plan for Healthy Living (App 7)	-class set -class set -class set -class set -class set

Other Possible Materials

- Team Shan posters, shower card, bookmarks, infographics, social media messaging, and Testicular Cancer Canada social media messaging
- Lesson Plan Notes for Teacher
- personal stories (breast/testicular cancer survivors/family members who have lost someone to breast/testicular cancer) as a guest speaker Team Shan website (teamshan.ca) and links and Testicular Cancer Canada website (testicularcancer.gov) and links
- Know Your Lemons visual breast cancer symptoms resource (knowyourlemons.org)
- Canadian Cancer Society (cancer.ca)
- Public Health Unit.

Assessment Opportunities

- students will participate in partner, group and class discussions
- students will use their oral communication skills to present their topic to the class
- students will assess self and peer group work contribution
- students will prepare a personal breast/testicular health plan.

Suggestions for Assessing Expectations

- observation during class discussion and work periods
- group presentation
- evaluation of Personal Plan for Healthy Living (journal to be submitted for teacher assessment)
- group work evaluation.

Teaching/Learning Strategies

Lesson 1

Introduction

- Ask students how many people in the class know someone who has had cancer
- Ask students how many people in the class know someone who has had breast or testicular cancer.

1. Using the Think, Pair, Share strategy, students list as many different types of adolescent and young adult (AYA) cancers as they can.
2. As a class, discuss the types of AYA cancers the pairs came up with. Record them on the board. Add any forms of cancer that have not been mentioned to the class-created list on the board. Discuss what the students know about these types of cancer. The class might be surprised at how many types of AYA cancers they have heard of and yet how little they actually know about these diseases that can affect them. See Types of AYA Cancer Fact Sheet.
3. Students will complete a KWL (What I KNOW, What I WANT to KNOW, and What I LEARNED) chart about breast/testicular cancer.
4. Place students in groups.
5. Have group members share each section of their KWL charts (at this point you could have students create a group KWL chart).
6. Post the KWL charts and have groups rotate for viewing.

Lesson 2

1. Place students into groups of 4 and tell the students they will be using the Jigsaw strategy to gather information. Students will label themselves A, B, C, D and will become an expert on ONE of the topics below. Once they have become an expert, they will return to their original group to share their information with their original group members. Students could choose how they represent the info from their Jigsaw (journal entry, cancer poster educating others, etc.). Assign one topic: Facts, Symptoms, Self-Care or Risk Factors to each group for breast and/or testicular cancer.
2. Students view/listen to the Team Shan Public Service Announcements (PSAs) and the Team Shan and testicular cancer brochures.

3. Experts record information from the brochures/PSAs for their topic on the sheet provided.
4. Experts return to their original group and present their topic to the rest of the members. The group members fill in the rest of the organizer based on the information given by each expert.
5. Students will discuss in their groups how they would reduce the risk factors for breast/and or testicular cancer by giving specific steps to do so. For example, for physical activity students should identify specific things that would reduce the risk factor e.g., walk to school, go to the gym, join a team.
6. Students will use their jigsaw organizer to complete a journal which will be their Personal Plan for reducing their chances of developing breast/testicular Cancer.

Notes for Teacher (Background Information)

FACTS

Breast Cancer

- women in Canada have a 1 in 8 chance of developing breast cancer at some point in their lifetime
- breast cancer is the most common cancer in young women (15-39 years) and a leading cause of death
- every year over 1,300 young women (15-39 years) in Canada are diagnosed with breast cancer
- incidence of breast cancer in young women has been steadily increasing
- young women are more frequently diagnosed with advanced disease with a poorer prognosis
- breast cancer in young women is often aggressive, and left undetected can spread (metastasize) to other parts of the body e.g., bones, liver, lungs, brain
- when breast cancer is found at an early stage there is a better chance of successful treatment
- timely diagnosis can help decrease distress, improve outcomes, and reduce breast cancer in young women age disparities
- there is no formal screening available for young women, routine mammography screening begins at 40 years
- increased breast density in younger women lowers the sensitivity of mammography
- contributing factors for diagnostic delays are lack of risk awareness, knowledge of symptoms, and self-care strategies
- in order to self-detect, young women (15-39 years) have to be breast aware
- young women need to know their risk, breast cancer symptoms, and self-care strategies including how to perform regular self-breast checks
- early detection matters and knowledgeable young women are more empowered to ask the question 'Could this be cancer?' and to insist on imaging as symptoms in young women may be dismissed.

Testicular Cancer

- testicular cancer is the most common cancer in young men (15-34 years) in Canada
- every year about 1,300 men in Canada are diagnosed with testicular cancer
- a man has a 1 in 250 chance of developing testicular cancer at some point in his life
- testicular cancer rates have increased, particularly in young men (15-29 years)

- undetected, testicular cancer can spread (metastasize) primarily to the bones, liver, lungs and brain
- testicular cancer is one of the most curable cancers
- when caught early, testicular cancer is often easily treatable
- primary contributing factors for diagnostic delays are lack of risk awareness, knowledge of symptoms and self-care strategies
- young men need to know their risk, symptoms and self-care strategies including how to perform self-checks
- early detection matters! knowledgeable young men are more empowered to ask the question 'Could this be cancer?' and to insist on imaging as symptoms in young women may be dismissed.

RISK FACTORS

Breast Cancer

- being female, males represent 1% of breast cancer cases
- risk increases as a woman ages
- younger women are at risk of more aggressive breast disease, including Inflammatory Breast Cancer (IBC)
- strong family history of breast or ovarian cancer in a close relative
- women with genetic mutations (e.g., BRCA1, BRCA2)
- early onset of menstruation (before 12 years)
- personal medical history of benign breast disease with atypical cells, and high levels of radiation exposure to the chest (e.g., treatment for Hodgkins lymphoma)
- use of oral contraceptives, delayed childbirth after age 30, and never breastfeeding
- lifestyle risk factors of concern include alcohol abuse, physical inactivity, smoking tobacco, poor diet, an unhealthy weight
- general risk factors for the development of breast cancer include possible environmental exposure to carcinogens
- having a risk factor, or even several, does not mean you will get the disease
- 85% of women with breast cancer do not have any risk factors.

Testicular Cancer

- males 15-35 years of age
- delayed descent of testicles into the scrotum (cryptorchidism)
- family or personal history of testicular cancer
- men with Klinefelter's syndrome have an increased risk of testicular cancer
- general risk factors for the development of testicular cancer include possible environmental exposure to carcinogens

- lifestyle risk factors of concern include marijuana use, alcohol misuse, physical inactivity, smoking tobacco use and an unhealthy weight
- having a risk factor, or even several, does not mean you will get the disease
- some young men get testicular cancer without any risk factors.

SYMPTOMS

Breast Cancer

- breast lumps are the most common symptom, but is not always present (most breast lumps are not cancer)
- breast thickening, bumps
- breast changes (e.g., size, shape, changes in the skin, sores)
- dimpling or puckering of the breast (looks like an orange peel)
- breast swelling, redness, warmth
- persistent, unexplained breast pain
- nipple changes (e.g., inverts), discharge, crusting
- unexplained weight loss or excessive fatigue
- symptoms that may appear from the spread of the disease (e.g., bone pain).

Testicular Cancer

- hard, painless lump on either testicle, but lump is not always present
- change in the size, shape, tenderness or feel of the testicles or scrotum
- swelling or pain in the testicles or scrotum
- feeling of heaviness in the lower abdomen or scrotum
- unusual backache that doesn't go away
- soreness or sudden, unexplained growth around the pectoral muscles
- symptoms that may appear from the spread of the disease (e.g., bone pain)
- unexplained weight loss or excessive fatigue.

SELF-CARE

Breast Cancer

- young women should have a breast cancer risk assessment starting between 25-30 years
- young women need to understand their risk, and be aware of breast cancer symptoms in order to self-detect the disease
- detection through self-checks is recommended for young women
- young women need to know their breasts, know their normal, check regularly (e.g., after your menstrual period) and watch for changes
- personal health plan should include both breast and body awareness

- any breast cancer risks and detected breast changes or symptoms should be brought to the attention of their health care provider and imaging requested.

Testicular Cancer

- young men need to understand their risk, and be aware of testicular cancer symptoms in order to self-detect the disease
- detection through self-checks is recommended for young men
- young men need to know their testicles, know their normal, check regularly (e.g., once a month) and watch for changes
- personal health plan should include both testicle and body awareness
- any testicular cancer risk factors and detected testicle changes or symptoms should be brought to the attention of their health care provider.

SELF-CHECKS

Breast Cancer

Discover what works for you and *check 'em!*

- know your breasts by learning how they look and feel
- look in the mirror to help you notice breast changes
- feel your breasts (e.g., in the bath or shower, before dressing, standing, lying down)
- use gentle to firm pressure with the pads for your fingers, flat on your breasts, to feel all your breast tissue
- remember breast tissue extends up to the collarbone and under your armpits
- discover what is normal for you and check 'em often (e.g., after your menstrual period)
- watch for unusual nipple or breast changes (e.g., size, shape, texture, lumps, discharge, pain)
- seek medical attention for any persistent breast cancer symptom or unusual breast changes
- seek medical attention for any unexpected or persistent changes that may indicate the spread of the disease (e.g., bone pain).

Testicular Cancer

Take a minute a month to check out your boys!

Just Relax

- check your testicles just after you've had a bath or shower, when the muscles in the scrotum are relaxed, making it easier for you to feel any lumps, growths or tenderness.

Size Up & Weigh

- hold your scrotum in your hands and feel the size and weight of each testicle. It is common for one testicle to be slightly larger or hang lower than the other.

Feel for Lumps or Changes

- feel each individual testicle and roll it between your thumb and finger, it should feel smooth. It's normal to feel a soft, tender tube towards the back of each testicle. You shouldn't feel pain when checking your testicles.

Keep an Eye Out

- once familiar with how your testicles feel, keep an eye out for any changes. If you detect changes, don't freak out-just see a doctor as soon as possible.

RISK REDUCTION

- living a healthy lifestyle can help reduce the risk of serious health problems e.g., cancer during a lifetime
- lifestyle choices include:
 - limit alcohol consumption
 - live smoke free and avoid exposure to second-hand smoke
 - get active and aim for at least 30 minutes of physical activity each day
 - eat well and enjoy a balanced diet that is high in fruits, vegetables and whole grains, and low in fat and sugar
 - maintain a healthy weight.

Both

- health care professionals should be advised of any risk factors (e.g., family history)
- delays in diagnosis and treatment can be reduced by seeking prompt and regular medical care, especially if adolescents and young adults are aware of unusual changes in their skin, breasts and testes
- many breast/testicle changes are not cancer, but prompt medical attention should be obtained for any unexpected and persistent changes
- when symptoms persist the question, 'Could this be cancer?' should be asked and further imaging requested.

Healthy Lifestyle Resources

1. Canada's Food Guide (food-guide.canada.ca)
2. Low Risk Drinking Guidelines (ccsa.ca/canadas-guidance-alcohol-and-health) or call toll free at 1-613-235-4048
3. Smokers Helpline (smokershelpline.ca) or call toll free at 1-877-513-5333

Environmental Carcinogens Resources

1. 'Skin Deep' Safer Product Assessment (ewg.org/skindeep)
2. 'Know Your Environment' (cancer.ca)

Definitions

Breast Awareness: regular self-awareness and checking a woman's breasts to learn the normal look and feel of her breasts, and how to check for any changes.

Cancer: uncontrolled, abnormal growth of cells that can invade and destroy healthy Tissues.

Carcinogen: a substance that can increase the risk of developing cancer.

Breast Density: refers to the amount of fibro-glandular tissue vs fat in a breast. A breast that has more fibroglandular tissue than fat is said to be dense.

Clinical Breast/Testicular Exam: breast/testicular exam performed by a health care professional.

Healthy Lifestyle: way of life in which health enhancement and disease prevention are integrated into daily life.

Inflammatory Breast Cancer (IBC): uncommon type of breast cancer that develops when cancer cells block the lymph vessels in the skin of the breast. It is called inflammatory because the breast becomes red and swollen.

Mammogram: x-ray picture of the breast which can find some cancers before they can be felt.

Metastasis: transfer of cancer from one part of the body to another.

Testicular Awareness: regular self-awareness/checking of a man's testicles to learn the normal look and feel of his testicles, and how to check for any changes.

Tumour: abnormal swelling (lump) in the body. A tumour can be benign (not cancerous) or malignant (cancerous).

References

Canadian Cancer Society. Canadian Cancer Statistics (2024) cancer.ca

Canadian Partnership Against Cancer (2017). Adolescents & Young Adults with Cancer partnershipagainstcancer.ca/news-events/news/article/adolescents-and-young-adults-with-cancer-in-canada

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Sean, Casey, Chair. Standing Committee on Health. Saving Lives: Improving Guidance, Increasing Access and Achieving Better Outcomes in Breast Cancer Screening (2024). <https://www.ourcommons.ca/DocumentViewer/en/44-1/HESA/report-23/>

Recommendation #10 Public Health Awareness Campaigns

That the Government of Canada, in consultation and collaboration with the provinces, territories and Indigenous peoples, work with the Public Health Agency of Canada: to rapidly develop and swiftly implement public health awareness and education strategies specifically targeting adolescent and young adult women, Indigenous and racialized communities, as well as the health care professionals who service them, to address knowledge barriers regarding early detection and reduce disparities in the stage at which breast cancer is diagnosed in women.

Appendices

Appendix 1

Name _____

Types of Adolescent and Young Adult (AYA) Cancer

Appendix 2

Name _____

Breast/Testicular Health KWL

What I know about breast/testicular cancers:

What do I want to know about breast/testicular cancers:

What I learned about breast/testicular cancers:

Appendix 3

Name _____

Breast/Testicular Cancer Organizer

Use the chart below to record information for your topic.

Facts	Symptoms
Self-Care	Risk Factors

Appendix 4

Teacher Copy Examples *See Notes for Teacher

Breast Cancer Organizer

Use the chart below to record information for your topic.

Facts <ul style="list-style-type: none">● breast cancer is the most common cancer in young women● every year over 1,300 young women in Canada are diagnosed with breast cancer● breast cancer in young women is often very aggressive● breast cancer does not always start as a lump● breast cancer can spread (metastasize) primarily to the bones, liver, lungs and brain● early detection saves lives	Symptoms <ul style="list-style-type: none">● breast lumps● breast thickening● dimpling/puckering of the breast● breast changes (e.g., size, shape, changes in the skin)● breast swelling, redness, warmth● breast pain● nipple changes or discharge/leaking● symptoms that may appear from the spread of the disease (e.g., bone pain)
Self-Care <ul style="list-style-type: none">● choose a healthy lifestyle● become familiar with breasts/body● learn breast self-awareness and check 'em regularly● advise medical professional of known risk factors● seek medical attention for any breast cancer symptom● seek medical attention for any persistent symptom that might indicate the spread of breast cancer● ask the doctor "Could this be breast cancer?"	Risk Factors <ul style="list-style-type: none">● born in North America or Northern Europe● early onset of menstruation (before 12 years)● use of oral contraceptives● alcohol misuse● physical inactivity● tobacco use● unhealthy weight● strong family history (e.g., mother, sister)● high levels of radiation exposure to the chest● history of benign breast disease● never breastfeeding● genetic mutations (e.g., BRCA1, BRDC2)_

Appendix 5

Teacher Copy Examples *See Notes for Teacher

Testicular Cancer Organizer

Use the chart below to record information for your topic.

<p>Facts</p> <ul style="list-style-type: none">● testicular cancer is the most common cancer in young men (15-34 years)● a man has a 1 in 250 chance of developing testicular cancer at some point in his life● in the last three decades the rates in Ontario have increased by 60 percent. This increase was largest among teens and young men (15-29 years)● testicular cancer does not always show up as a noticeable lump● testicular cancer can spread (metastasize)● when caught early, testicular cancer is often easily treatable and curable● regular testicular self-checks can help catch testicular cancer early● early detection saves lives	<p>Symptoms</p> <ul style="list-style-type: none">● hard, painless lump on either testicle● change in the size, shape, tenderness or feel of your testicles or sac● swelling or change in consistency of your testicles or sac● pain in your testicles or sac● dull ache or feeling of heaviness in lower stomach● unusual backache that doesn't go away● unexplained weight loss● soreness or sudden, unexplained, growth of your chest (around your pectoral muscles)
<p>Self-Care</p> <ul style="list-style-type: none">● choose a healthy lifestyle● learn testicular self-awareness and check 'em regularly● ask a trained professional about routine clinical testicular exams● detected changes in the testicles or symptoms of testicular cancer● should be brought to the attention of a medical professional● ask the doctor, "Could this be testicular cancer?"	<p>Risk Factors</p> <ul style="list-style-type: none">● between the ages of 15-49 years of age● had a delays descent of testicles into the scrotum (cryptochidism)● family history of testicular cancer● abnormal development of a testicle● certain rare genetic conditions

Appendix 6

Breast/Testicular Health Rubric

Name _____

	Level 1	Level 2	Level 3	Level 4
Demonstrate an understanding that heredity factors influence personal health (e.g. a family history of an illness such as breast cancer)	Demonstrates a limited understanding of heredity factors that influence personal health	Demonstrates some understanding of heredity factors that influence personal health	Demonstrates considerable understanding of heredity factors that influence personal health	Demonstrates thorough understanding of heredity factors that influence personal health
Analyze how various lifestyle choices affect health	Identifies limited lifestyle choices that affect personal health (prevention of breast/testicular cancer)	Identifies some lifestyle choices that affect personal health (prevention of breast/testicular cancer)	Identifies a considerable number of lifestyle choices that affect personal health (prevention of breast/testicular cancer)	Identifies all lifestyle choices that affect personal health (prevention of breast/testicular cancer)
Demonstrate an understanding of what constitutes healthy active living (e.g., a lifestyle that stresses the importance of exercise and healthy eating)	Demonstrates a limited understanding of what constitutes health active living (e.g., a lifestyle that stresses the importance of exercise and healthy eating)	Demonstrates some understanding of what constitutes healthy active living	Demonstrates considerable understanding of what constitutes healthy active living	Demonstrates a thorough understanding of what constitutes healthy active living

Appendix 7

Personal Plan for Healthy Living

Use the following questions to guide your personal plan.

1. What can you do today to reduce your risk of breast/testicular cancer?
2. What specific lifestyle changes can you make to reduce your risk of breast/testicular cancer today or in the future?
3. What are the symptoms of breast/testicular cancer and what should you do if you see any changes in your body?

Select and include in your plan, a minimum of 3 risk factors that you can counteract.

Level 1	Level 2	Level 3	Level 4
Personal plan demonstrates a limited understanding of self-care and recognition of symptoms of breast/testicular cancer	Personal plan demonstrates a fair understanding of self-care and recognition of symptoms of breast/testicular cancer	Personal plan demonstrates a considerable understanding of self-care and recognition of symptoms of breast/testicular cancer	Personal plan demonstrates an excellent understanding of self-care and recognition of symptoms of breast/testicular cancer
Identifies a few simple lifestyle changes	Identifies some lifestyle changes	Identifies many complex lifestyle changes	Consistently identifies many complex lifestyle changes
Identifies 1 risk factor with a limited understanding of how to counteract it	Identifies 2 risk factors with Some understanding of how to counteract them	Identifies 3-4 risk factors with considerable understanding of how to counteract them.	Identifies 5 or more risk factors with a consistent understanding of how to counteract them.



Young Women...



get breast cancer too!

Shanna (Shan) was a beloved daughter, sister and friend.

She was an aspiring teacher, talented artist and skilled athlete.

The sunflower was her favourite flower and represented Shan's outlook on life.

Now it symbolizes her memory and hope.



Breast Cancer in Young Women Foundation

breastcancerinyoungwomen.org

for further information or to request print materials, please contact



teamshan@gmail.com
teamshan.ca



 @team.shan.ca
 @_teamshan

Team Shan (breast cancer awareness for young women) is in memory of Shanna (Shan) Larsen who was only 24 when she lost her life to breast cancer. Our logo and sunflower graphics were inspired by Shan's original artwork.

"this is an excellent way to inform young women on the risks of breast cancer and help them to be able to check for symptoms before it is too late."

High School Student

"Shan had planned to go on to teacher's college and spend much of her time with children. Although she is not here today, her life still continues to impact young girls. Thank you."

High School Student

"Shan was so beautiful...she could be my best friend...she could be me. What you are doing is amazing. Thank you."

Post Secondary School Student

"Shan's story continues to inspire, touch and motivate me to make a difference."

Post Secondary School Student

"one of the billboards with your message and Shan's face went up in my neighbourhood. It really struck a cord with me...I feel it is a really important message."

Post Secondary School Student

"the website is awesome...crisp, easy to navigate, informative. I love the sunflowers... Thank you for this important work."

Young Professional

breast cancer awareness for young women (15-39 years of age)

facts

symptoms

care

facts

- ▶ about 1,300 young women (15-39 years of age) are diagnosed with breast cancer every year in Canada
- ▶ incidence of breast cancer in young women is rising globally
- ▶ breast cancer in young women appears to be random
- ▶ no routine breast screening for young women
- ▶ young women need to self detect
- ▶ breast cancer does not always start as a breast lump
- ▶ most breast lumps are not cancer
- ▶ breast cancer in young women is often aggressive
- ▶ breast cancer can spread, primarily to the bones, liver, lungs and brain
- ▶ early detection saves lives

symptoms

- ▶ breast lumps (most common)
- ▶ breast thickening
- ▶ dimpling/puckering of the breast
- ▶ breast changes (e.g., size, shape, skin)
- ▶ breast swelling, redness, warmth or pain
- ▶ nipple changes (e.g., nipple inverts)
- ▶ nipple discharge/leaking
- ▶ symptoms that may appear from the spread of breast cancer (e.g., bone pain, neurological symptoms)

self care

- ▶ choose a healthy lifestyle (teamshan.ca/breast-aware/healthy-lifestyle)
- ▶ know your body, be breast aware, check 'em, know your normal, watch for changes (teamshan.ca/breast-aware/#check-em)
- ▶ find ways to handle emotional stress
- ▶ discuss your breast health with your healthcare provider
- ▶ discuss known breast cancer risks with your healthcare provider
- ▶ seek medical attention for any breast cancer symptom or unusual breast changes
- ▶ seek medical attention for any persistent change in your body
- ▶ ask the doctor “**Could this be cancer?**”

risk factors

unmodifiable

- ▶ being female
- ▶ increasing age
- ▶ dense breast tissue
- ▶ strong family history of breast or ovarian cancer
- ▶ African heritage, Ashkenazi Jewish descent

modifiable

- ▶ poor diet/unhealthy weight
- ▶ physical inactivity
- ▶ tobacco use/exposure to secondhand smoke
- ▶ alcohol misuse
- ▶ use of oral contraceptive
- ▶ delayed childbirth/not breastfeeding

unmodifiable

- ▶ early start to menstruation (< 12 years of age)
- ▶ genetic mutations (e.g., BRCA1, BRCA2)
- ▶ previous biopsy showing pre-cancerous breast changes
- ▶ previous high levels of radiation exposure to the chest

WHAT WE DO.

Save Lives and Reduce Suffering

SMASHING TABOOS

We don't just raise awareness; we're revolutionizing the conversation around testicular cancer. Our cutting-edge awareness program reaches millions every year, shattering taboos and saving lives. Too many men avoid the hospital out of embarrassment, and when they do, the consequences can be fatal. With your support, we're turning that embarrassment into action.

KNOWLEDGE IS POWER

Our website isn't just a resource—it's the most comprehensive arsenal against testicular cancer in the world. Verified by Canada's leading specialists, our information is not only accessible but also transformative. We empower men with the knowledge they need to take control of their health.

UNWAVERING SUPPORT

Our army of volunteers isn't here to hold hands—they're here to empower men and their families through this ordeal. We are developing a new support program that will provide immediate, personalized assistance for those facing this challenge. This initiative will ensure that help is available when it's needed most.

DO YOUR PART.

Awareness really is the first step. If you're a male aged 15 or older, check 'em. Regularly.

To help grab testicular cancer by the balls, consider donating to Testicular Cancer Canada.

100% of donations go towards raising awareness and supporting those affected.



DON'T LEAVE US HANGING.

Call or write to us. A real person will answer, we promise.

1-844-42-BALLS
info@testicularcancer.ngo
testicularcancer.ngo

TIME TO TOUCH YOURSELF



Testicular cancer is the most prevalent cancer in young men. It's also among the most *treatable*.

TESTICULAR
CANCER
CANADA 

FEELIN' YOURSELF.

Take one minute a month to check out your boys.



JUST RELAX

Check your testicles just after you've had a bath or shower, when the muscles in the scrotum are relaxed, making it easier for you to feel any lumps, growths or tenderness. Stand in front of the mirror. Look for any swelling on the skin of your scrotum.

SIZE UP & WEIGH

Hold your scrotum in your hands and feel the size and weight of each testicle. It is common for one testicle to be slightly larger or hang lower than the other.



FEEL FOR LUMPS OR CHANGES

Feel each individual testicle and roll it between your thumb and finger. It should feel smooth. It's normal to feel a soft, tender tube towards the back of each testicle. You shouldn't feel any pain when checking your testicles.



KEEP AN EYE OUT

Once familiar with how your testicles feel, keep an eye out for any changes. If you detect a change, don't freak out—just see a doctor as soon as possible.



EXPERIENCING ANY OF THESE SYMPTOMS?

Don't freak out, but get to a physician to get yourself checked out immediately. Other health problems can involve the same symptoms. On the other hand, some males get testicular cancer without showing these signs, so testing is necessary to make a diagnosis.

WHAT TO LOOK OUT FOR:

- A hard, painless lump on either of your testicles (not always present).
- A change in the size, shape, tenderness or feel of your testicles or scrotum.
- Swelling or pain in your testicles or scrotum.
- A feeling of heaviness in your lower abdomen or scrotum.
- An unusual back ache that doesn't go away.
- A soreness or sudden, unexplained growth around your pectoral muscles.
- Unexplained weight loss.

GIVE US A HAND.

All donations directly help fund Testicular Cancer Canada's programs, such as educational campaigns aimed at high schools, universities, colleges and military bases. Your donation also helps fund our outreach and support programs for testicular cancer survivors.

Help us help the guys that are suffering.

Give online: testicularcancer.ngo

Don't have access to an internet connection or simply prefer to send your donation (cheque or money order) the old fashioned way? That's fine, we also take payments by mail.

Testicular Cancer Canada
5160 rue chabot
Montreal, QC
H2h 1y8

Please let us know if you need a tax receipt

Scan this bad boy for more info



*Mailed donations above \$20 are eligible to receive an *official donation receipt for income tax purposes.*

** Sending donation receipts by email is the most cost effective way for us. Please help us keep our costs low.

Adolescent & Young Adult (AYA)

Cancer in Canada

9000 young people (15-39) are diagnosed with cancer per year in Canada; 10% of total cancers 15-69.

Incidence of cancer in young people is increasing; while genetic predispositions do play a role, many AYA cancers appear to be sporadic and influenced by a variety of environmental and lifestyle factors (Comprehensive Cancer Information, 2024)

782.3 per 100,000 person-years disability-adjusted life years (DALY's) due to AYA Cancer worldwide (Wen et al, 2021)

TYPES OF AYA CANCER



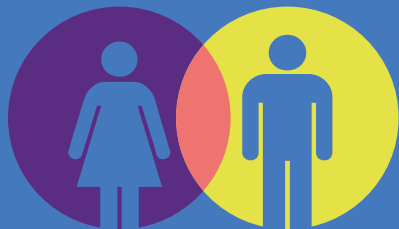
AYA FEMALES (15-39)

Breast cancer is the most common type of cancer, followed by thyroid cancer, skin cancer (melanoma), cervical cancer and colorectal cancer (SEER, 2024)



AYA MALES (15-39)

Testicular cancer is the most common type of cancer, followed by colorectal cancer, Non-Hodgkin Lymphoma, thyroid cancer, and Leukemia (SEER, 2024)



YOUNG ADULTS (15-39)

Other common cancers include Hodgkin lymphoma, brain and other nervous system (ONS) cancers (SEER, 2024)

COMMON SIGNS OF CANCER IN AYA

Unexplained and persistent: pain; lump, bump or swelling; significant weight loss; tiredness; changes in a mole. (Teenage Cancer Trust)

AYA CANCER ISSUES

- limited opportunity for prevention for many cancers
- delays in diagnosis due to patient or health care provider inaction
- psychosocial challenges
- age appropriate treatment protocols
- lower participation in clinical trials
- possibility of future health problems (Canadian Cancer Society)

ACTION ITEMS

- improve cancer awareness activities among young adults and health care providers
- find innovative ways to increase and improve communication between doctors and AYA patients
- find innovative ways to increase and improve early diagnosis, treatment and medical followup
- encourage regular and prompt medical care, especially if AYAs are aware of unusual changes to their skin, breasts or testes
- ensure availability and accessibility of advanced diagnostic and imaging tools
- facilitate access to and encourage participation in clinical trials designed for AYA patients
- provide access to psychological support, counseling and mental health services
- train healthcare providers on AYA oncology care (Canadian Cancer Society)