

# Testicular Cancer Education for College Age Men

Jared Bozeman  
jjbozeman@msn.com

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## Background

- ▶ Testicular Cancer (TC) is most common type of cancer in 18 to 35 year old males
- ▶ Risk factors
  - Age: 9 out of 10 cases in 18 to 35 year old age group
  - Race: most common in Caucasians
  - Undescended testicles increase risk
  - Other risk factors not well understood
- ▶ Rapidly Metastasizes
- ▶ However, easily treated
  - About 95% of cases cured regardless of stage
  - 99% cured in earliest stages
- ▶ Checked for with testicular self exam (TSE)
  - Easy to perform
  - Allows early detection

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## TC and masculinity

- ▶ Most men do not perform TSE
- ▶ Men treated with TC usually do not lose fertility and sexual abilities
- ▶ Men tend to be less proactive about health than women
  - Self exams
  - Visits to health care providers
- ▶ Research question: how do masculine attitudes relate to knowledge about TC and performance of the TSE?

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## Education and TC

- ▶ Some studies indicate knowledge about TC important for encouraging TSE performance
- ▶ High efficacy, factual approach (Morman, 2000)
  - What one can do about threat
  - More effective than narrative
- ▶ Research question: is peer delivered education using a factual, high efficacy approach an effective education tool?

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## Procedure

- ▶ Approved by MSU's IRB
- ▶ All participants given consent form
- 1. Administer pre-presentation survey to participants
- 2. Deliver presentation
- 3. Administer post-presentation survey
- 4. Participants offered \$50 gift card as incentive

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## Pre-presentation Survey

- ▶ Delivered by web-based Zoomerang software (zoomerang.com) to ensure anonymity
- ▶ Asses knowledge about TC and the TSE
- ▶ Asses masculine attitudes
  - Specific to TC
  - general masculine attitudes
  - Based upon Barriers to Help Seeking Scale (BHSS) designed to asses masculine attitudes (Mansfield, 2005)

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## Presentation Outline

- ▶ PowerPoint based
- ▶ 10 minutes long
- ▶ Overview of TC
  - Risk factors
  - Symptoms
  - Treatment
  - Preservation of fertility/sexual abilities
- ▶ How to perform TSE

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