

CANCER EXPERT NOW

Cancer Education Just Got Personal



What is **Cancer Expert Now**?

Cancer Expert Now is an award-winning, top-tier service that connects you with the world's best cancer doctors. We support, counsel, and empower members to make confident and informed decisions about health and treatment plans.

What you will get with **Cancer Expert Now**:

- One-one-one video or phone consults with the world's best cancer doctors for you, your immediate family, and your in-laws.
- Outstanding step-by-step support from our Care Navigators to schedule your expert consult.
- Ability to call or email our Care Navigators at any time before, during, or after your expert consult.
- Exclusive access to high-quality educational materials, such as our monthly cancer awareness newsletters.

Learn more: email Kapnick@onviv.com or call 1.833.461.1866

Coverage extends to your family, spouse, partner, dependents, parents and in-laws. This program is available to you even if you are not enrolled in Kapnick's medical plan.

Cancer Expert Now works with leading centers of excellence to access the **top expert** needed to guide your diagnosis and treatment.

- **A premier benefit:** White glove cancer concierge and expert opinions supports members and families.
- **24x7:** Text an expert who will answer questions, provide advice and guidance such as "is an ER visit necessary?"
- **Oncology expert opinions:** Thought leaders curated from the leading COEs to provide authoritative insights into the complexity that surrounds making decisions regarding treatment.
- **Clinical advocacy, coordination and navigation:** An expert will work with your providers to execute your wishes and help you navigate your care and complexity programs.
- **Education for all and early intervention:** Timely and specific notifications of screenings and education with MyHealthSense app.

DO YOU KNOW?



April | Testicular Cancer Awareness Month

Testicular cancer is a disease in which malignant cancer cells form in the tissues of one or both testicles. Testicular cancer is the most common cancer in men aged 15 to 35 years old, with an average age of diagnosis being 33 years old.¹ It is a highly treatable cancer especially if caught and treated early. With early detection, treatments are more effective and often less aggressive than when the cancer is detected in the later stages. Treatment options include surgery, radiation therapy, and/or chemotherapy and depend on the type and stage of the cancer.²

**Testicular cancer is the
most common form of cancer
in men ages 15 to 35²**

**TESTICULAR
CANCER IS
4.5 TIMES
MORE COMMON
IN WHITE MEN
VERSUS BLACK
MEN.²**

**1 IN 250
MEN WILL BE
DIAGNOSED WITH
TESTICULAR
CANCER AT SOME
POINT IN THEIR
LIFETIME.²**

**1 MAN
EVERY
HOUR
EVERY DAY
IS DIAGNOSED WITH
TESTICULAR
CANCER**
.....
**BUT, IF DIAGNOSED
EARLY, THE SURVIVAL
RATE IS 99%²**

**TESTICULAR
CANCER
ACCOUNTS FOR
APPROXIMATELY
1% OF ALL
CANCERS IN
MEN.**

APRIL 2024

TESTICULAR CANCER CAN OCCUR AT ANY AGE:⁴

- Testicular cancer is the most common cancer in men 20 to 35 years old.
- Approximately 6% of cases occur in children and teens.
- An estimated 8% of cases are diagnosed in men 56 or older.

RISK FACTORS AND AWARENESS:

Self-exams, starting in the adolescent years, are key in early detection of testicular cancer.³ Health history can affect the risk of testicular cancer. Tests that examine the testicles and blood are used to detect and diagnose testicular cancer. It is important to note that treatment for testicular cancer can cause infertility.¹

While there is no way to prevent testicular cancer³, you should talk with your doctor if you think you may be at risk. Risk factors for testicular cancer include:¹

- Having had an undescended testicle
- Having had abnormal development of the testicles
- Having a personal or family history of testicular cancer (especially in a father or brother)

Signs and symptoms of testicular cancer include:



A lump or enlargement in either testicle



A feeling of heaviness in the scrotum



A dull ache in the abdomen or groin



A sudden collection of fluid in the scrotum



Pain or discomfort in a testicle or the scrotum



Enlargement or tenderness of the breasts



Back pain

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UNFORTUNATELY, HALF OF ALL MEN DIAGNOSED WITH TESTICULAR CANCER DO NOT SEEK MEDICAL ATTENTION UNTIL AFTER THE CANCER HAS SPREAD TO OTHER AREAS OF THE BODY. BE SURE TO REACH OUT AS SOON AS POSSIBLE. REMEMBER, WE ARE HERE TO HELP.

Visit [CancerExpertNow.com/DYK](https://www.cancerexpertnow.com/dyk) to get connected with an expert and learn more.

REFERENCES

1. <https://www.cancer.gov/types/testicular/patient/testicular-treatment-pdq#section/all>
2. <https://testicularcancersociety.org/>
3. <https://www.mayoclinic.org/diseases-conditions/testicular-cancer-care/symptoms-causes/syc-20352986#:~:text=There's%20no%20way%20to%20prevent,whether%20it's%20right%20for%20you>
4. <https://www.cancer.net/cancer-types/testicular-cancer/statistics>