

## Naturopathic Remedies

Although there is no concrete evidence that links food or natural supplements to effective cancer treatments, most naturopaths will suggest supplements and food that decrease inflammation. Do not discount the power of food and its effect on your gut health and ultimately your immune system.

### Supplements that may help prevent and treat cancer

#### Curcumin

60mg per capsule 3 times per day recommended

#### Active Green Tea Extract

700mg per capsule 3 times per day recommended

#### Omega-3

EPA 800mg DHA 500mg

#### Vitamin D

5000 IU per day taken in liquid form with Omega-3

### Remember this

You and only you are responsible for your health. There are plenty of credible online sources that discuss synthetic and natural treatments for cancer. Your health is a business. Do not forget that. Do your research and make informed decisions with your doctor, oncologist, naturopath, and/or dietitian.



#### References

Canadian Urological Association (cua.org)  
Ontario Naturopathic Clinic  
Testicular Cancer Canada (testicularcancer.ngo)  
Hamilton Health Sciences

TESTICLES  
BALLS  
COJONES  
NUTS  
FAMILY JEWELS

Whatever you want  
to call them you're  
nuts not to get  
them checked!

Find more info at:  
[www.testicularcancer.ngo](http://www.testicularcancer.ngo)

**Testicular Cancer** is the most common type of cancer found in young men in Canada. It is also one of the most curable cancers men can have.

Testicular cancer develops in one or both testicles. It is usually diagnosed after finding a lump or growth in or around one of the testicles. It can also be diagnosed after noticing pain, a dull ache, or heaviness in the scrotum.

### Causes

If you had a testicle that was not completely descended into the scrotum at birth, have a family history of testicular cancer, or you have a history of infertility. Most of the time, however, it is not known what caused the cancer to develop.

### Signs and Symptoms

Painless lump on the testicle, feeling of heaviness or aching in the lower abdomen or scrotum, painful testicle or swelling of a testicle. enlarged lymph nodes in the abdomen or neck around the collarbone, back pain if the cancer spreads to the retroperitoneal lymph nodes

### Stages

There are 3 possible stages of testicular cancer. There is no stage IV. Stage I is only found in the testicle(s). Stage II is also found in the lymph nodes of the abdomen, and Stage III has spread beyond the lymph nodes of the abdomen to areas such as the chest, lungs, and even the brain.

### Getting Checked or Diagnosed

#### Physical Exam

First see a physician for a physical exam to determine if any abnormalities can be felt.

#### Ultrasound

Next you will likely have an ultrasound of your testicles to identify any suspicious areas.

#### Blood Tests

If anything suspicious is found your physician will likely order some blood tests to look for any tumor markers (substances produced by some testicular cancers).

#### CT Scan and Chest X-Ray

The next step is a CT scan of your abdomen and chest, as well as a chest x-ray, to determine if the the cancer has spread.

#### Remove One or Both Testicles

If you have testicular cancer a urologist will remove the affected testicle(s) through a small incision in your abdomen to confirm the diagnosis and establish the type of testicular cancer you have.

#### Treatment

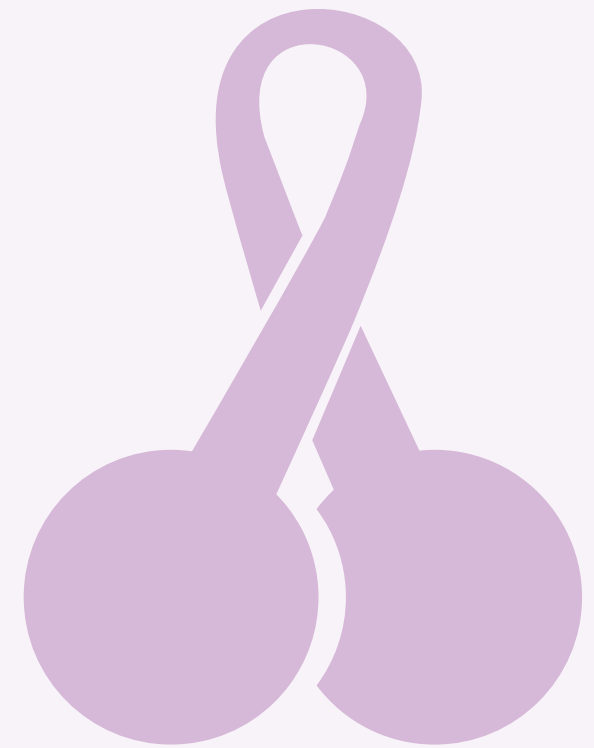
Usually the first step is to remove the testicle(s). This is referred to as a radical orchiectomy. However, sometimes this surgery is performed after chemotherapy treatment if chemotherapy is required.

If you are diagnosed Stage I, you may not require any chemotherapy or radiation treatment. However, you will need surveillance which involves regular blood tests and CT scans. For Stage II and III diagnosis, you will likely require chemotherapy (drugs that destroy cancer cells), radiation (high energy x-rays that kill cancer cells) and/or more surgery.

#### Post Treatment

Regardless of your stage and form of treatment, you will require surveillance, likely, for the following 5 years. The goal is to catch any recurrence of testicular cancer early. It is much more easily treated if caught early. After 5 years without recurrence the cancer is unlikely to return.

**The majority of men are cured and go back to living full and productive lives.**



### Signs of Trouble

Spread to the abdominal lymph glands is relatively common and may show up as a large lump felt inside the abdomen.

You may feel pressure or pain as the mass presses on other organs inside the abdomen.

You may have swollen lymph glands in the neck, near the collar bone or in the armpit areas.

You may cough, have bloody sputum and shortness of breath if the cancer has spread to your lungs.

You may have headaches, seizures or other brain disturbances if the cancer has spread to your brain.

You may experience weight loss, tiredness, loss of energy and a generalized feeling of being unwell, if your cancer is more advanced.