Innovative YouTube Videos Inform, Educate about Testicular Cancer

Nards...Balls...Nuts...Tackle...Family Jewels...Nifty Buddies. Call ‘em what you want, the folks at the Sean Kimerling Testicular Cancer Foundation have found an effective way to raise public awareness about testicular cancer and the importance of self-examination of the above-mentioned body parts. A recently launched website, carpetestes.org, features five creative, humorous videos that entertain and educate viewers about the importance of regular testicular self-exam. The foundation was established in memory of Sean Kimerling, the Emmy award winning anchor of WB11 Sports and pre-game announcer for the New York Mets who died of testicular cancer at the age of 37. According to the foundation’s website, testicular cancer is the most common cancer among young men between the ages of 15 and 40. It also has one of the highest cure rates of all cancers, with a survival rate over 95 percent, if detected and treated early.

The YouTube videos, entitled Check ‘Em, Sing-A-Long, Jewels, Dr. Rounds MD, and Where It Counts, have viewers laughing, learning testicular cancer facts, and testicular self-exam. At the time this newsletter was published, the Sing-A-Long video had over a million hits and Check ‘Em, featuring ice-skating testicles, had over 200,000 hits.

Most testicular cancers are found by men themselves and testicular self-exam is an easy way for guys to find lumps or bumps—signs of testicular cancer. Other common early signs include pain, swelling, and hardness in the testis, or a combination of these. Some men report a feeling of heaviness in the scrotum. The risk of testicular cancer is increased in men with undescended testicles, a history of testicular cancer, and a family history of testicular cancer. In the case of Sean Kimerling, severe back pain sent him to the doctor. The foundation’s webpage, seankimerling.org, features self exam information and cool stuff to purchase (like carpe testes baseball hats). So guys, check out the YouTube videos and then check out yourself:

- carpetestes.org
- seankimerling.org
- menweb.org

MAVERICK CHOICES

Minnesota State University, Mankato recently received an alcohol education grant from the National Collegiate Athletic Association (NCAA) and staff from Student Health Services and the Minnesota State Athletic department are using the grant to try a unique approach to impact fan behavior. Rather than creating and attempting to enforce a fan behavior policy, a marketing campaign called Maverick Choices will encourage healthy choices when it comes to alcohol consumption. Based on the social norms model of behavior change, Maverick Choices will use messages on giveaways, such as pizza cutters, to “market” how the typical student fan behaves. Social norms uses a variety of marketing techniques to challenge misperceptions about student behavior and “advertise” true student behaviors to reduce problems associated with alcohol use. The hope is that those fans “outside the norm” will start behaving like most MSU fans: 67% of Maverick fans have 0 to 4 drinks when they party. Maverick Choices messages use statistics from National College Health Assessment survey data collected from MSU students each year. Data about student alcohol use as well as other health-related behaviors is available online from the Student Health Services webpage under the “News You Can Use” link. Students looking for information about alcohol, can go to KatoParty411.com. Up-to-date information about campus athletics can be found at msumavericks.com. Go Mavericks!!
First Aid Supplies to Have at College
It took a while but you’ve finally unloaded and unpacked all your school stuff: computer, bedding, food supplies, notebooks and highlighters, assorted electronics, bathroom supplies, stuff for laundry. How about bandages? Or a thermometer? It’s never a bad idea to be prepared and have a few useful first aid items handy so you can handle the minor stuff by yourself:

* Bandages for small cuts and scrapes
* Gauze and adhesive tape
* Antibacterial/antibiotic ointment (bacitracin, Neosporin)
* Scissors and tweezers
* Digital thermometer
* Reusable hot/cold pack
* Acetaminophen and ibuprofen
* Cough and cold medicines
* Sore throat lozenges
* Medicines for allergies

Many of the above listed items are available over-the-counter at Student Health Services Pharmacy so if you forgot to bring them from home they are conveniently located right here on campus. And keep in mind that if your illness or injury is serious or you are unsure what to do, call or visit Student Health Services for help from the medical staff. They would be happy to help and answer your questions.

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Warts
Folklore tells stories of children developing a wart after handling a toad. Seems the offending amphibian was happy to share its “bumps”, leaving at least one behind somewhere on the child’s fingers or hand. Today, science tells us that warts are caused by more than 100 types of human papillomavirus and there are several different kinds of warts including common warts, plantar warts, and flat warts.

The viruses that cause warts are contagious and passed from one person to another. Simply touching another’s wart doesn’t guarantee infection but close physical contact with an infected person or contaminated surface (like a shower stall floor) makes it more likely to pass the virus. Small cuts or scrapes on the skin can make it more likely the virus will be transmitted.

Common warts are usually found on the fingers and hands of young adults and children. They are most common where the skin has been broken such as where hangnails have been picked or fingernails have been bitten. Plantar warts are usually on the bottom of the foot and can be painful. The pressure of walking will push plantar warts back into the skin, sometimes giving the feeling of walking on a tiny rock. Flat warts are smaller than common warts and tend to occur in groups of many warts. They commonly occur on children’s faces, on women’s legs, and in the beard area of men.

Folklore treatments for warts ranged from wearing a live toad around one’s neck to “giving” the wart to a passing corpse. Today’s treatments aim to remove the wart, usually by applying medication to the wart, burning the wart off using electric current, freezing the wart with liquid nitrogen, or using laser treatment. Popular over-the-counter treatments for common warts include applying salicylic acid gel, covering the wart with adhesive tape (duct tape), and at-home freeze-off wart removal. The key to many at-home wart treatments is patience and careful application of the chemical on a regular basis. Applying salicylic acid after a bath or shower is best: the acid sinks in deeper and works better when it is applied to damp skin.

Caution: don’t try at-home remedies to remove warts from the face or genitals. Seek professional medical advice.