

Health tips

Testicular cancer the young man's disease

Testicles are well known for their use in pleasure and procreation. You may know how much pain they cause when they are injured. But did you know that cancer of the testicle is the most common cancer in men aged 15 to 35.

Symptoms

This cancer can occur as a lump or painless swelling of the testicle. There may be a dull ache in the lower abdomen or groin. Some men feel a heavy dragging sensation in the scrotum. Less common symptoms include a sudden collection of fluid in the scrotum, pain in the testicle or scrotum, or enlargement or tenderness of the breast.

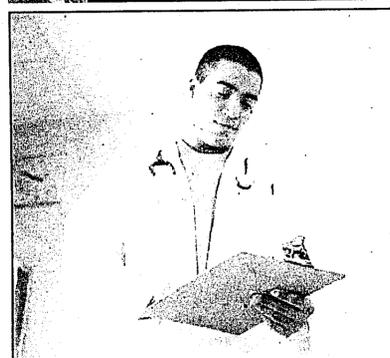
Causes

The cause is unknown. You may have a higher risk of getting testicular cancer if you have a family member with testicular cancer or if your mother took diethylstilbestrol (DES) during pregnancy. DES was a synthetic hormone widely used in pregnancy from 1943-71. It is off the market now. Some doctors suggest that past



The Medicine Bundle

By DR. GILLES PINETTE



A doctor making his rounds: If testicular cancer is found early, almost 100 per cent can be cured, Dr. Gilles Pinette says.

Infections or injuries of the testicles may increase your risk of getting this cancer. It may be that these events just bring attention to the area where a cancer already is growing.

Undescended testes increase your risk. When the testicles are formed, they are inside the abdomen.

During the growth and development of the unborn baby, most testicles will descend through a narrow passageway into the scrotum. Doctors examine the testicles in the scrotum of the newborn baby. Undescended testes are not present in the scrotum and are usually still inside the abdomen.

Vasectomy does not increase your risk of this cancer.

Cure

If testicular cancer is found early, almost 100 per cent can be cured. The problem is that most cancers of the testicle are discovered after they have had a chance to grow or spread. This brings the cure rate down to about 90 per cent.

Testicular cancer can be treated by surgery to remove the cancer and testicle or by radiotherapy or chemotherapy. Treatment type depends on the size and type of tumor. A man can still produce sperm and procreate with one testicle.

Feel yourself

Examine your testicles monthly. If you find a lump, do not despair. Not every lump is cancer. Have any lumps checked out by your doctor.

Testicular Self-Examination (TSE) Tips

- 1) Examine the testicles while the scrotum is warm. The shower or bathtub is a good place.
- 2) Check regularly. This allows you to get familiar with the normal feel of the testicles and to identify if something changes. One testicle may be larger than the other.
- 3) The testicles should feel smooth and rounded like hard-boiled eggs.
- 4) Gently rotate the testicles between thumb and forefinger to feel the entire testicle surface.
- 5) You will feel a tube-like structure at the back of the testicle; this is the epididymis. It is normal, and is not a tumor.
- 6) Report any lumps, irregularities, or pain to your doctor immediately.

This column is for reference and education only and is not intended to be a substitute for the advice of an appropriate health care professional. The author assumes no responsibility or liability arising from any outdated information, errors, omissions, claims, demands, damages, actions, or causes of actions from the use of any of the above information.

Contact Dr. Pinette at pinette@shaw.ca.

Read Dr. Gilles Pinette's medical columns regularly...

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Torah comment

Parsha B'halotkha opens with rules for operating Temple menorah

Candelabra had to be fashioned from single block of gold

This week's parsha, B'halotkha, opens up with the instructions on the operation of the menorah, the candelabra of the Temple. The menorah is undoubtedly the most prominent of all vessels related in the service of the Temple. Indeed, it alone has accompanied the Jewish people throughout the exile in various capacities and significance including finding itself as the official emblem of the State of Israel.

The menorah was not simply another routinely fashioned instrument; rather, among the many specifications of the menorah was that it must be fashioned entirely from a single piece of gold. That's right - welding, moulding and other forms of combining the various branches of the menorah were not allowed. It had to be very skillfully fashioned, including all its designs, from a single block of gold.

A THOUGHT

It was Aharon who was given responsibilities over the menorah. Not only did this responsibility include arranging the lamps daily; it included, as well, the responsibility of cleaning out and preparing the menorah! An important message: Don't always think that "menial" jobs, whether they are around the house or in the workplace are "below" you. Being a part of every aspect of a project from the ground up rightfully allows a greater feeling of association and accomplishment. Sure, it is simple to simply sit in a sukkah, but it is much more rewarding to sit in a sukkah that one has built with one's own sweat.

"The Levites are Mine"

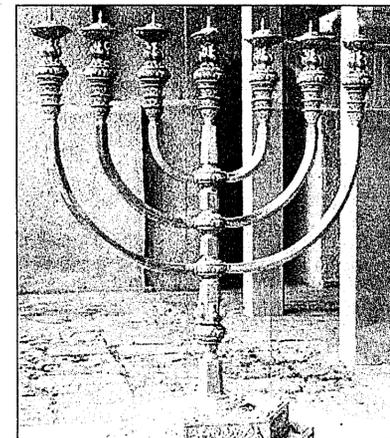
Another important aspect of the parsha which continues to this day is the distinct status of the Levitical tribe. The Levites were drafted into the holy service at the age of 30, and then sent to mandatory retirement at the age of 50. Their training and apprenticeship began at the age of 25. Today Levites are distinguished by always receiving the second Aliyah at any Torah reading service, and are responsible as well for washing the hands of the Kohanim before the bestowal of their blessings on holidays (Birkat Kohanim - is performed every day in Israel!)

An interesting occurrence in this week's par-



Torah Thoughts

By RABBI ARI ENKIN



A gold menorah similar to the one in the Temple.

sha: On the first anniversary of the departure from Egypt, the Jewish people were preparing to perform the special Passover offering. There was a problem, however - there were many individuals who, for a variety of reasons, were impure, and thus disqualified from taking part in the sacrifice. As such, the Torah tells us that in the event that one is

impure on the date of the sacrifice, one would have the opportunity of bringing the identical sacrifice a month later - a day known as Pesach Sheini. Important message here: It's never too late to accomplished missed goals.

Did You Know?

When Moshe was faced with the challenge of what to do with those who were impure, and what role they would play in the upcoming Passover observance (above), his answer was more than clear: "I don't know!" That's right; Moshe himself did not know everything and had to consult with others (in this case, G-d). No one should ever be ashamed to admit that they do not know an answer to a particular situation.

Dvar Torah

The menorah's branches were separate, but fashioned from the same single block of gold. This teaches us that the diversity of the Jewish people does not detract from their fundamental unity. (Rabbi Menachem Schneerson)

The writer, former scholar-in-residence at the Rady Jewish Community Centre and Winnipeg Hillel/ISA director, is an Orthodox rabbi now living in Ramat Beit Shemesh, Israel.

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If you are celebrating life cycle events Or wish to take part in leading the services For information call - Harry Plattner, Winnipeg 489-2657 Or - Aaron Goldman, Winnipeg 475-1446

SYNAGOGUE SERVICE TIMES

CHAVURAT TEFILA SYNAGOGUE
Friday, June 16. Candles: 9:21. Mincha: 7:30. Shacharit: 9:30. Shabbat ends: 10:33. Sunday morning services: 9:00. Weekday morning services: 8:00. Weekday evening services June 18-June 22: 9:10.
The Chavurat Tefila Synagogue on the corner of Hartford and McGregor offers traditional Orthodox services in an informal setting. We welcome anyone who has yahrzeit or is saying kaddish to join us for our twice-daily minyanim.

CONGREGATION ETZ CHAYIM
Friday, June 16 - morning service 7:30 a.m., evening service 6:00 p.m., candle lighting 9:21 p.m. Saturday, June 17 - morning service, Myles Gillmore Bar Mitzvah 9:00 a.m., evening service 9:15 p.m. Shabbat ends 10:33 p.m. Sunday, June 18 - morning service 9:00 a.m., evening service 8:30 p.m. Monday, June 19 - Thursday, June 22 - morning service 7:30 a.m., evening service 8:30 p.m.

CONGREGATION SHAAREY ZEDEK
561 Wellington Crescent; website www.shaareszedek.mb.ca
For program and event information, please check our website or call the Synagogue office.
Friday, June 16: Morning Minyan 9:00 a.m.; Evening Minyan 5:30 p.m.; Kabbalat Shabbat Service 6:00 p.m.; Light Shabbat Candles 9:21 p.m.
Shabbat, June 17: Morning Service 9:00 a.m. - Sheara and Meira Raber B'not Mitzvah (Parashat Beha'alotecha). Pre-Junior Congregation 10:30 a.m.; Torat Chayim Torah Study 12:30 p.m.; Evening Minyan 6:00 p.m.; Shabbat ends 10:33 p.m.
Weekday Morning Minyan 7:30 a.m.; Morning Service on Shabbat, Sundays & Holidays 9:00 a.m.; Daily Evening Minyan 6:00 p.m. Saturday-Thursday; 5:30 p.m. Friday.

TALMUD TORAH - BETH JACOB SYNAGOGUE
Located at 1525 Main Street. Candle lighting time for Friday, June 16 at 9:21 p.m. Mincha/Kabbalat Shabbat at 8:00 p.m. Saturday morning service at 9:15 a.m. Sedra of the week - B'Haalotecha. Mincha service at 9:25 p.m. Shabbat ends at 10:33 p.m. Daily Mincha/Maariv services at 9:25 p.m. Traditional Orthodox services are conducted, and everyone is invited to attend.

TEMPLE SHALOM
Temple Shalom, Winnipeg's only Reform Congregation, 1077 Grant Avenue, will be holding: on Friday, June 16th at 6:15 p.m. a Kabbalat Shabbat Service led by Rick and Debbie Wolfson. All are welcome!