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# On Testicular Cancer Awareness Month, Check Out 'Balls'

by Winnie McCroy **EDGE Editor** Tuesday Apr 11, 2017

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Nico Stagias and Charlie David

April is Testicular Cancer Awareness Month, and cinematographer Nico Stagias teamed up with longtime collaborator Charlie David to produce "Balls," a documentary about, scrotum, testicular cancer, and men's health.

"Men tend to shy away from discussion about their balls, especially if they are experiencing medical issues like cancer, torsion or varicocele," said Stagias in an interview with David. "Because men are so guarded about their balls, they often dismiss potential testicular ailments and only address the situation when it becomes critical; when it's too late."

The "Balls" documentary aims to engage an open and honest dialogue about balls, and sometimes a lack thereof. In the first

episode of "Balls," we get an introduction to testicles and what makes them weird, attractive and curious to different people. We will also meet men who have had testicular cancer and faced the removal of one or both balls.

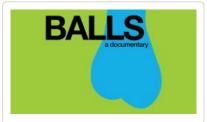


"Balls" is a one-hour documentary that covers every angle and topic we could brainstorm to do with testicles. From sex and sports to health concerns like sperm count, torsion and bringing attention to Testicular Cancer Awareness Month, we've left no jock-strap unexplored, say creators.

Stagias noted that the documentary looks at a new masculinity, mostly seen in this documentary through the eyes of queer men and transpeople, noting that, "perhaps this specific environment is a circumstance of me being a queer man, or perhaps queer people have more courage to discuss their balls and the notion of masculinity more vulnerably."

Over the next few weeks during Testicular Cancer Awareness Month we will be releasing a new short video from our "Balls" documentary every few days. So watch along with us

as we explore all things balls related in this special men's health series.



Please share with your friends, post on your social and encourage your buddies to check their balls -- or lend a helping hand -- it could save a life!

And because it's Testicular Cancer Awareness Month this is a great opportunity for you to check your own balls! Do it while watching our documentary, "Balls."

Honestly, we encourage you to pull them out, roll them around, check for any oddities or things you haven't seen or felt

before. This is important and something you should be doing regularly. If you do discover new firmness, a lump, or anything strange -- book an appointment with your doctor or go to a walk-in clinic to get them checked by a professional right away. When it comes to Testicular Cancer -- early detection really can save vour life.

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In April we will release 13 episodes focused on men's testicular health, sex, even how balls have inspired some pretty unique art projects.



## Self-Exam

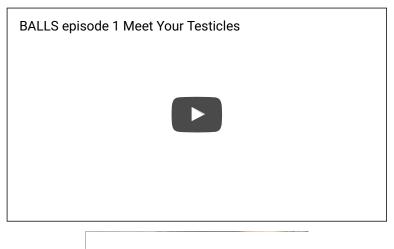
Learn how to do a self-exam here:

- 1. Do your assessment right after a warm bath or shower, when the scrotum is relaxed.
- 2. Stand before a mirror. Survey for scrotal swelling.
- 3. Support your testicles with your palm. Note their size and weight. This will help you discern any future changes.
- 4. Examine each testicle separately. Place your second and third fingers under one testicle with your thumb on top. Gently roll the testicle between your thumb and fingers to feel for any irregularities. Repeat on the other testicle.

5. Find the epididymis, the soft, rope-like structure on the back of each testicle. By identifying the epididymis, you won't mistake it for a lump.

See your doctor if you note any questionable signs, especially those lasting longer than two weeks.

To watch the entire film, visit https://www.youtube.com/watch?v=HJVRgVoI-r0



Winnie McCroy is the Women on the EDGE Editor, HIV/Health Editor, and Assistant Entertainment Editor for EDGE Media Network, handling all women's news, HIV health stories and theater reviews throughout the U.S. She has contributed to other publications, including The Village Voice, Gay City News, Chelsea Now and The Advocate, and lives in Brooklyn, New York.

#### **Comments**



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I am a 65 year old gay man, and I have never known men, gay or straight, to be guarded or reticent to discuss their balls!

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If you need a break from the workday, take a look at

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