



# Pacific Noble **Primary Care**

*Compassionate | Comprehensive | Accessible*

## April Health Awareness Month

### *Esophageal & Testicular Cancer*

#### Know the Signs. Take Action. Protect Your Health

At **Pacific Noble Primary Care**, we emphasize early awareness and timely evaluation. While April awareness month topics affect different populations, both benefit significantly from early detection and proactive care. **Esophageal cancer** can develop gradually, not causing symptoms until it has progressed. Risk factors such as Chronic Acid Reflux (GERD), smoking, alcohol use, and obesity increase risk. **Testicular cancer** is most common in men ages 15-35, and highly treatable when detected early.

#### *Esophageal Cancer: Symptoms to Watch For*

- Difficulty swallowing
- Persistent heartburn
- Unexplained weight loss.
- Chronic cough or hoarseness.

#### *Testicular Cancer: Signs to Watch For*

- Lump or swelling in a testicle
- Feeling of heaviness in the scrotum
- Dull ache in lower abdomen or groin
- Sudden fluid collection
- Changes in size or shape

**“Knowing the signs and acting early can lead to a meaningful difference in outcomes.”**

**How Your PNPC Provider Can Support Your Prevention and Early Detection:** Annual Wellness Visits | Preventative Screenings and Specialist Referrals | Symptom Evaluation | Risk Assessments | Diagnostic Coordination | Focus on proactive, whole-person care.