

To schedule an appointment:

Call your nearest Planned Parenthood of Kentucky location.

You can now make your appointment online! Visit our online health center at www.ppsy.org.

Each time you use your healthcare dollars at PPKY you help us continue to provide services to those who cannot afford even the most basic healthcare.

Cost of Services

Planned Parenthood accepts many private and public health insurance plans. If you want to use your insurance, please be sure to bring in your insurance information at the time of your visit. PPKY accepts *Medicaid, Passport, BlueCross BlueShield, Anthem, and Humana* at all PPKY health centers and *Bluegrass Family Health* and *United Healthcare* at our Bluegrass Health Center. Financial assistance is offered based on household income for those who are uninsured or underinsured. Payment is expected at time of service. Donations are accepted to help support and continue the mission.

HEALTH CENTER HOURS AND LOCATIONS

Bluegrass Health Center

502 W. Second St. Lexington, KY 40508
Phone 859-252-8494

Monday	8:30am-4:00pm
Tuesday	8:30am -4:00pm
Wednesday	Closed
Thursday	10:30am-6:00pm
Friday	8:30am-4:00pm

Louisville Health Center

1025 S. Second St: Louisville, KY 40203
Phone 502-584-2471

Monday	8:30am-4:00pm
Tuesday	10:00am-8:00pm
Wednesday	8:30am-4:00pm
Thursday	10am-8:00pm
Friday	8:30am-4:00pm

Okolona Office

4211 Trio Avenue: Louisville, KY 40219
Phone 502-966-5510

Wednesday 9:30-5:00pm

EKU Office

For ECU students and employees only:
EKU Student Health 521 Lancaster Ave.
103 Rowlett Bldg, Richmond, KY 40475-3102
Phone 859-252-8494

Monday 9:00am-4:00pm

Check our website for schedule changes.

www.ppsy.org

Planned Parenthood
of Kentucky

Testicular Health

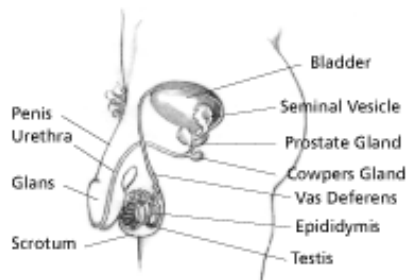


*Providing confidential,
comprehensive, sexual
and reproductive health
care for our community.*

What Are Testicles?

The testicles (also known as balls, gonads, *huevos*) are the part of the male body that produces sperm. Testicles also produce male hormones. They are only one part of men's reproductive organs but are a vital aspect to men's sexual health.

Male Reproductive Organs



What is Testicular Health?

There are a number of factors that impact men's testicular health. Overall health, obviously, has an impact, but there are also things that men need to be aware of specific to their testicular health.

“Blue Balls”

“Blue balls” is relatively common among men. It is an ache in a man's testicles and occurs when men have had an erection for a long period of time without an ejaculation, or if his penis becomes flaccid after an erection—something that most men experience at some point. It usually goes away after a few hours. There are no long-term health consequences for blue balls.

Pain in the Testicles

There are a number of reasons that men may experience pain in their testicles.

- Sometimes that just happens

- It may be related to getting sexually aroused, then not ejaculating
- It may be related to muscle tension (a warm bath can help)
- It may be related to a minor injury such as bumping them or wearing pants that are too tight
- It may be related to an infection - with infections there is usually some burning with passing urine and you should see your provider

If the pain does not go away, seems to get worse or if you notice any change in the shape of your testicle (such as a lump, bump or growth) see a provider.

Testicular Cancer

What is testicular cancer?

Testicular cancer happens if abnormal cells in one or both of the testes grow uncontrollably.

How common is it?

About 8,000 men are diagnosed with testicular cancer each year in the U.S., and about 400 men die from it every year. The rate of testicular cancer has been increasing in recent years.

Who is most at risk?

Young men are most at risk — most cases occur in men ages 15-39. It is the most common cancer among men 20-34.

White men are 5 to 10 times more likely to get it than African-American men. Asian-American, Latino, and Native American men also have higher rates than African-American men, but they have lower rates than white men.

Keeping Men's Testicles Healthy

The most important part of testicular health is maintaining their overall health. But as Lance Armstrong proved, just being a healthy person does not mean that men are not at risk for testicular cancer or other forms of testicular diseases.

Early detection is very important. Treatment of testicular cancer is very effective, and there is a high cure rate. If untreated or detected late, it can spread to other parts of the body — and it may cause death. Men should have their testicles checked during their annual medical examinations.

Self-exams are also critical to men's testicular health. You should do a self examination once a month starting at age 14. A self-examination involves gently feeling your own testicles through the scrotum (sac that contains the testicles), turning them around in your hand to feel them as thoroughly as possible. Testicles should be smooth, but every man's testicles are going to be somewhat different. Part of doing a regular self exam includes getting to know how they feel normally. *Any* change that you notice should be reported to your provider. Any lumps, bumps or other swelling deserves immediate attention.



Your partner, your friend, your plan