Testicular Cancer

RARE, BUT IS AFFECTING MORE MEN EACH YEAR

15-45

MOST COMMON CANCER IN MEN AGED

KEEP YOUR EYE ON THE BALL! TESTICULAR CANCER IS EASIER TO TREAT IF CAUGHT EARLY, SO CHECK YOURSELF REGULARLY AND LOOK OUT FOR THE WARNING SIGNS

A SIMPLE, REGULAR SELF-CHECK COULD HELP MEN DETECT EARLY SIGNS

WARNING SIGNS
A hard lump on the front or side of a testicle.
Swelling or enlargement of a testicle. An increase in firmness of a testicle.
Pain or discomfort in a testicle or in the scrotum (the sack that holds the testicles). An unusual difference between one testicle and the other. A heavy feeling in the scrotum. A dull ache in the lower stomach, groin or scrotum.

FROM PUBERTY ONWARDS MEN SHOULD DO A REGULAR SELF-CHECK OF THEIR TESTICLES SO THAT THEY BECOME FAMILIAR WITH THEM

Check your testicles once a month, while in the bath or shower. Cradle your scrotum in both hands using fingers and thumbs to examine and compare your testicles. Small differences in size are normal. Testicles should feel smooth, with no lumps, swellings or hardening present. There is a soft rubbery tube at the top and back of both testicles. This is called the epididymis. It carries sperm to the penis. It can be tender and it wobbles. LUMPS TEND TO BE FIRMLY FIXED TO THE TESTICLE.

IF YOU HAD AN UNDESCENDED TESTICLE, YOUR RISK IS SIGNIFICANTLY HIGHER AND IF YOUR FATHER OR BROTHER SUFFERED FROM THE DISEASE YOUR RISK IS ALSO HIGHER

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