

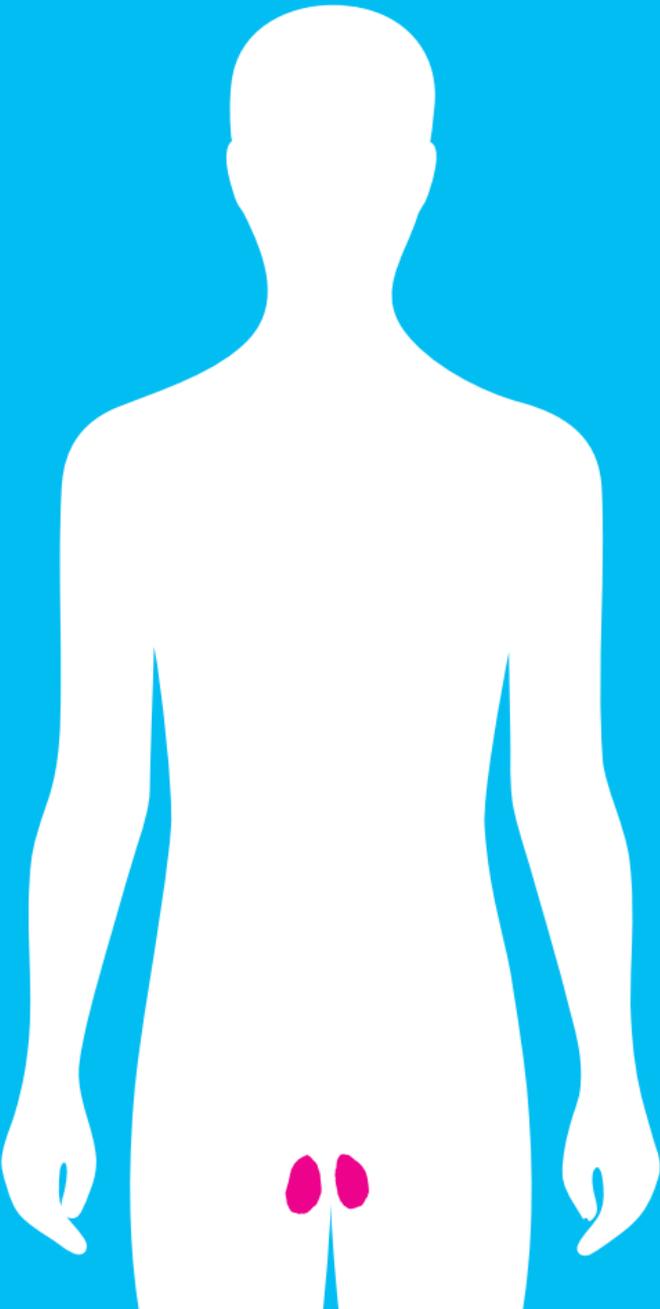
TESTICULAR CANCER

How to spot the signs and
symptoms

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CANCER
RESEARCH
UK



Cancer of the testicle is relatively rare. Although cancer is generally more common in older people, testicular cancer is most common in young and middle-aged men. Most cases are in men under 50.

Spotting cancer early can save lives, that's why it is important to get to know your body and what is normal for you. But the good news is that most men with testicular cancer in the UK can be cured.

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In this leaflet you can find out about:

- symptoms to look out for and why it is important to get them checked out.

The testicles

The testicles are two small oval shaped organs which hang below the penis in a pouch of skin called the scrotum. They produce sperm and the male hormone testosterone.

Today, almost all
men with testicular
cancer are

CURED

What affects your risk?

- **Age**

Unlike most other cancers, testicular cancer is most common in men under 50.

- **Undescended testicles**

If one or both testicles haven't descended, testicular cancer risk is higher.

- **Personal or family history**

Risk of testicular cancer is higher if you or a close family member (such as a father or brother) have had testicular cancer.

- **Ethnicity**

Testicular cancer is more common in white men than in other ethnic groups.

- **Low fertility**

Men who have fertility problems have a higher risk of testicular cancer.

What should you look out for?

It is important to know what is normal for you so that you can spot any changes.

If you notice any of these symptoms get them checked out:

- A lump or swelling in a testicle
- An increase in the firmness or change in texture of a testicle
- Pain or discomfort in a testicle or in the scrotum (the sac that holds the testicles)
- A heavy feeling in the scrotum
- An unusual difference between one testicle and the other.

It is unusual to develop cancer in both testicles at the same time. So if you are wondering whether a testicle is feeling normal or not you can compare it with the other.

If you notice anything unusual about your testicles, go and see your doctor. Chances are it won't be cancer, but it's important to get it checked out.

There's no need to check your testicles in a set way or at a set time, the most important thing is knowing what is normal for you.

What if I have testicular cancer?

The good news is that testicular cancer is almost always curable - the disease responds well to treatment even if it has spread to other parts of the body.

Cancer doesn't
have to be the
end - sometimes
it's a new
beginning.



Alim Erginoglu Testicular cancer survivor

"I first noticed a lump when I was showering. The doctor confirmed it was seminoma, a type of testicular cancer, and I needed surgery. In 2002 I received radiotherapy for a tumour on my lymph nodes. I then found another lump on the other testicle. It was unbelievable – I thought it was all over. I had more surgery and chemotherapy.

I'm currently clear of all signs of cancer, and I now have two children, Keira and Daniel. Cancer doesn't have to be the end – sometimes it's a new beginning."

Further information

You can find out more about cancer at www.cruk.org/about-cancer

Find out more about our health messages at www.cruk.org/health

For more about the signs and symptoms of cancer visit www.spotcancerearly.com

If you want to talk in confidence about cancer, call our information nurses on freephone **0808 800 4040**, Monday to Friday, 9am to 5pm.

All our leaflets are thoroughly researched and based on the most up-to-date scientific evidence. They are reviewed by independent experts and updated regularly. You can order our full range of leaflets free online at www.cruk.org/leaflets

About Cancer Research UK

We pioneer life-saving research to bring forward the day when all cancers are cured. From our volunteers and supporters to our scientists, doctors and nurses, we're all here to save more lives and prevent, control and cure all cancers.

Together we will beat cancer sooner. If you would like to support our work, call **0300 123 1861** or visit our website www.cruk.org

