



Early detection saves lives

Testicular cancer can nearly always be treated successfully if it is found early. Early detection means simpler, more effective treatment with fewer side-effects.

Be body aware

Do a regular self check in the bath or shower, or soon afterwards.

Remember...

- know what is normal for you
- know what changes to look out for
- report any changes without delay.

Further information

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

For more about cancer visit our patient information website www.cancerhelp.org.uk

If you want to talk in confidence about cancer, call our information nurses on freephone **0808 800 4040**.

Our health messages are based on scientific evidence. Find out more at www.cancerresearchuk.org/health

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

About Cancer Research UK

Cancer Research UK is the world's leading charity dedicated to research into the prevention, diagnosis and treatment of cancer. If you would like to support our work, please call **020 7121 6699** or visit our website www.cancerresearchuk.org

Together we will beat cancer

Detecting testicular cancer

spot the symptoms early





Testicular cancer facts

Cancer of the testicles is rare, but it is the most common cancer in men aged 15–44. And it is affecting more men each year. A simple, regular self-check may help you detect early signs of the disease. If you do notice changes, do see your doctor. With early treatment most men with testicular cancer in the UK can be cured.

Warning signs

The early signs of testicular cancer are usually obvious and easy to spot.

Watch out for one or more of the following:

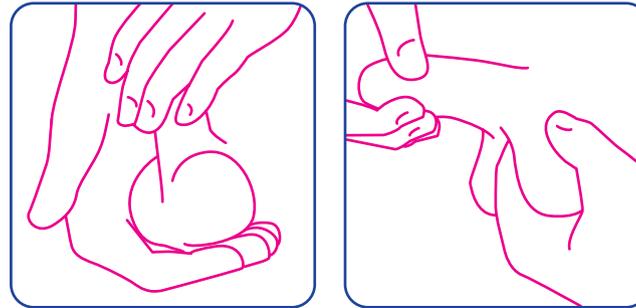
- a hard lump on the front or side of a testicle
- swelling or enlargement of a testicle
- an increase in firmness of a testicle
- pain or discomfort in a testicle or in the scrotum (the sac that holds the testicles)
- an unusual difference between one testicle and the other.

Other warning signs may include:

- a heavy feeling in the scrotum
- a dull ache in the lower stomach, groin or scrotum.

How to check yourself

Everyone is different, so if you are going to pick up any changes, you need to know what is normal for you. From the time of puberty onwards you should do a regular self-check. The best time to do this is in the shower or bath, or soon afterwards.



- 1 Hold your scrotum in the palm of your hand and feel the size and weight of the testicles. It is common to have one testicle slightly larger than the other, or one that hangs lower.
- 2 Feel each testicle and roll it between your thumb and finger. It should feel smooth. You will feel a soft, tender tube towards the back of each testicle. This is normal and is called the epididymis.

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 you should go and see a doctor. Any changes may have other causes, but should always be checked out.

What if I have testicular cancer?

The good news is that testicular cancer is almost always curable if it is found early. The disease responds well to treatment even if it has spread to other parts of the body. These days more than nine out of ten men are cured. Most of them enjoy a normal sex life, and many father children.

What causes testicular cancer?

We don't know what causes testicular cancer, but we do know that some people have a higher risk of developing the disease. If one or both of a boy's testicles hasn't descended by around the age of puberty, he has a greater chance of developing testicular cancer later in life. Your risk is higher if a close member of the family has been diagnosed with the disease. White men, particularly those from higher-income backgrounds, are more likely to develop testicular cancer than black or Asian men.

Remember...

...keep your eye on the ball. Testicular cancer is easier to treat if it is caught early. Check yourself regularly and look out for the warning signs.