

## Testicular Cancer

TESTICULAR CANCER IS A COMMON CANCER IN MEN BETWEEN THE AGES OF 15-49.  
1 IN 1798 MEN ARE AFFECTED BY THIS CANCER

### SYMPTOMS

*Like any other part of the body, the testicles can be affected by various conditions and diseases, which can lead to symptoms.*

- ➔ Lumps (masses)
- ➔ Swelling
- ➔ Pain

### RISK FACTORS

- ➔ Having had an undescended testicle
- ➔ Family history of testicular cancer
- ➔ HIV infection
- ➔ Personal history of testicular cancer
- ➔ Age group

### SCREENING

- ➔ *The testicular self-examination (TSE) is an easy way for guys to check their own testicles to make sure there aren't any unusual lumps or bumps – which can be the first sign of testicular cancer*
- ➔ *It's important to try to do a TSE every month so you can become familiar with the normal size and shape of your testicles, making it easier to tell if something feels different or abnormal in the future*
- ➔ *Although testicular cancer is rare in teenage guys, overall it is the most common cancer in males between the ages of 15 and 49*

### TESTICULAR SELF-EXAMINATION



Cup one testicle at a time using both hands - best performed during or after a warm bath or shower



Examine by rolling the testicle between thumb and fingers - use slight pressure



Familiarise yourself with the spermatic cord and epididymis - tube like structures that connect on the back side of each testicle



Feel for lumps, change in size or irregularities - it is normal for one testis to be slightly larger than the other

### LOWER THE CANCER RISK

- ➔ *The diagnosis of testicular cancer is done on the presence of symptoms followed by a physical examination and laboratory and diagnostic tests*
- ➔ *Survival is good if detected and treated early*



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