

## Did you know?

In Ireland and in Europe generally, 1 in 3 people will develop cancer at some stage in their life. The good news is that due to better treatments and earlier detection, survival rates are improving all the time.

However, there are a number of steps you yourself can take to reduce your risk of cancer and, at the same time, lead a healthier lifestyle.

1. If you smoke, set a date to quit
2. If you drink alcohol, cut down on the amount you drink
3. Keep a healthy diet by increasing your daily intake of fresh fruit and vegetables and by eating a range of foods low in fat and high in fibre
4. Keep within a healthy weight range by being more active every day and eating less fatty foods
5. Protect yourself from the sun and avoid sunburn, especially in children
6. See your doctor if you notice a lump, a sore that does not heal, a mole that changes in shape, size and colour or bleeds in unusual circumstances
7. See your doctor if you have persistent problems, such as an ongoing cough or hoarseness, a change in bowel or bladder habits or an unexplained weight loss.

## Checking yourself

By checking your testicles regularly you will be aware of any changes that are unusual for you. Ideally, you should do this once a month after a warm bath or shower. Early discovery of testicular cancer in most cases leads to successful treatment.

The best way to check for testicular cancer is to check your testicles regularly so that you can detect any changes that are unusual for you.

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What you should know



## Further Information

Other common cancers affecting men include lung, bowel, skin and prostate cancers.

For further information about these, or about cancer in general call the **Irish Cancer Society's Helpline on Freefone 1800 200 700** for confidential advice from our cancer nurse specialists.

If you are a smoker and would like help quitting, call the **Irish Cancer Society's National Quitline on Callsave 1850 201 203**. Trained smoking cessation counsellors are on hand with a free advice kit and to provide confidential advice and support throughout the process.



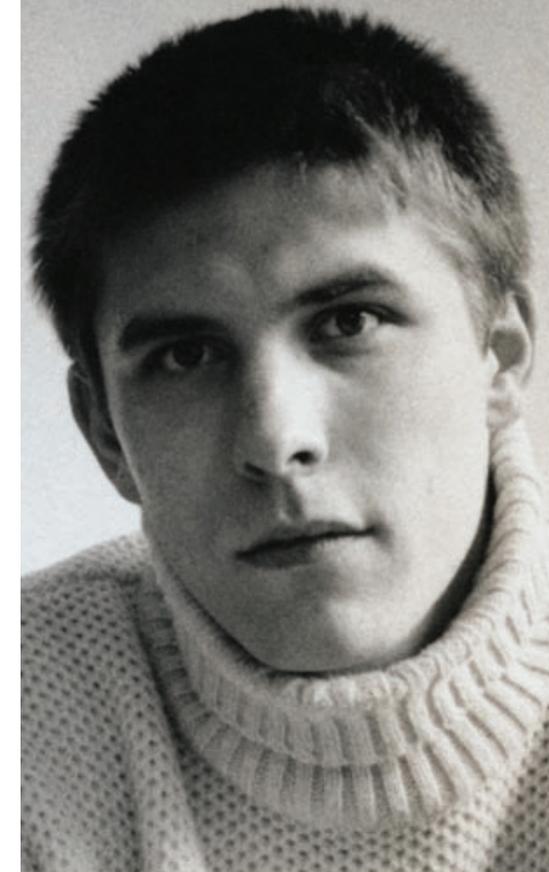
MAC (Men against Cancer), established with the support of the Irish Cancer Society, is a cancer support group which provides information, advice and support to men who have had a recent diagnosis of prostate or testicular cancer. Contact M.A.C. through the **Irish Cancer Society's Helpline 1800 200 700**.

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## Testicular CANCER



"Pretending it's not there won't make it go away. Check yourself out every month".  
Mark [28 years old]

## How common is testicular cancer?

Although it is still quite rare, testicular cancer is the most common cancer in young men aged between 15-34 years, with an average of 90 cases diagnosed each year in Ireland. The number of men who develop testicular cancer has been steadily increasing for the past few years. However, testicular cancer is very treatable and is nearly always curable.

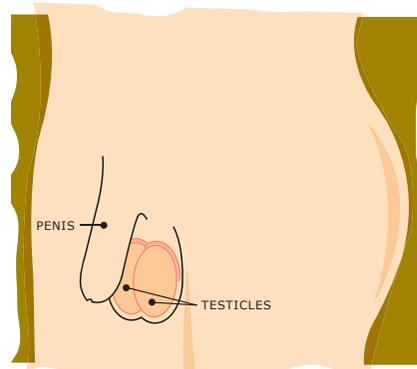
## What causes testicular cancer?

The exact cause of testicular cancer is unknown, however the risk is greater if one testicle is missing or has not come down into the scrotum. If you, your father or brother had testicular cancer your risk may also be slightly higher. No link has been found between an injury and testicular cancer.

## How should I check myself?

- Hold your scrotum in both your hands and use your fingers and thumbs to examine your testicles. It's common for one testicle to be slightly larger than the other, so don't be alarmed if this is the case
- Gently feel each testicle, one at a time. You should be able to feel a soft tube at the top and back of both of them. This tube (epididymis) carries the sperm. It may be slightly tender but do not confuse this with an abnormal lump in the testicles

**The testicles themselves should feel smooth, with no lumps, swellings or hardening present.**



## What do I need to look out for?

If you answer YES to any of the following questions do not delay in speaking with your doctor:

- Can you feel a small lump or swelling in either testicle?
- Do you notice any hardening of the testicle?
- Is the testicle tender to touch?
- Can you feel a sensation of heaviness in your scrotum?
- Can you feel a dull ache in your lower abdomen or groin?

Most lumps in the testicles do not turn out to be cancer. However, if your doctor confirms that you have an unusual lump or swelling, you may be sent to a specialist for further tests.

## What if it is cancer?

If tests show that you have testicular cancer, your doctor will plan your treatment depending on a number of factors including:

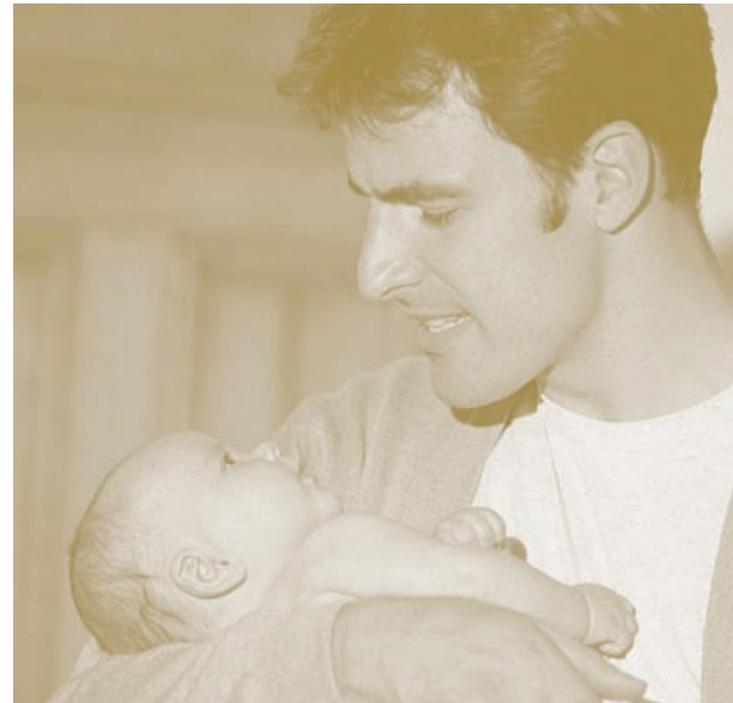
- Your general health
- The type of cancer cells found
- Results of the tests

Surgery, radiotherapy and chemotherapy may be used alone or together to treat testicular cancer.

**Surgery:** removal of part or all of the testicle

**Radiotherapy:** the use of radiation treatment to destroy cancer cells

**Chemotherapy:** the use of drugs that kill cancer cells



## Will testicular cancer affect my sex life?

A diagnosis of testicular cancer should not affect your ability to have a normal sex life. Treatment can affect your ability to father children but in general fertility is not affected.