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Having one or more risk factors doesn't mean that you will definitely get testicular cancer. As testicular cancer is rare, the risk of developing it is small even if you do have any risk factors

Anything that can increase or decrease your risk of cancer is called a risk factor.

We don't know what causes most cases of testicular cancer. But there are some factors that may increase your risk of developing it.

Your risk of developing cancer depends on many factors. This includes things like whether you smoke and have a healthy balanced diet, as well as genetic and environmental factors.

Risks and causes of testicular cancer

- Family History**
- Brothers or sons of men who have had testicular cancer have an increased risk of getting this cancer.
 - Men whose father had testicular cancer are around 4 - 5 times more likely to develop it
 - Men with a brother who had testicular cancer are around 8 - 9 times more likely to develop it
 - Some of the increase in risk is thought to be caused by changes in certain genes



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- 20 FACTS ABOUT TESTICULAR CANCER**
- 1 The earlier testicular cancer is diagnosed the better the chance of cure.
 - 2 It is important to get to know your testicles and what they feel like.
 - 3 A testicular cancer lump is not usually sore.
 - 4 Testicular cancer jumps usually feel hard and angry.
 - 5 Testicular cancer is the commonest cancer amongst males aged between 15 and 45.
 - 6 The earlier testicular cancer is diagnosed the better the chance of cure.
 - 7 All males over 15 should check their testicles once a month.
 - 8 Don't ever be embarrassed to check your testicles.
 - 9 Although testicular cancer is commoner in younger men it can occur: rarely, over age 45.
 - 10 95 % of testicular cancers are curable.
 - 11 Collection and storage of sperm prior to treatment allows for future fertility.
 - 12 It is quite normal for one testicle to be bigger than the other.
 - 13 Chemotherapy is a very successful treatment of testicular cancer.
 - 14 If a testicle has to be removed a prosthetic one can be inserted in its place.
 - 15 A lump in the scrotum does not automatically mean testicular cancer, there are several other causes of testicular swelling.
 - 16 If you find a lump in your testicle contact your GP straight away.
 - 17 A painful testicle is usually due to another cause than testicular cancer, but still needs checked by your doctor.
 - 18 A very acute severe pain in the testicle needs an emergency referral to hospital because it could be a twisted testicle.
 - 19 Over 90 % of testicular swellings are caused by other conditions such as a hydrocele or epididymitis.
 - 20 As testicular cancer is around 95 % curable early diagnosis and regular checking is important.

www.theoddballsfoundation.com

Visit your GP if there is anything not normal for you!

of testicular cancer

Symptoms: lumps attached to testicle, swelling, increase in firmness, pain or discomfort in testicle or scrotum, feeling a heaviness in scrotum, a dull ache in the lower part of abdomen. Rarely but possible pain in back and tenderness in chest associated by some types

Men in their early 30s are the most likely to get it. It then becomes less common as men get older.

Who gets it?
 Younger men are more likely to get testicular cancer. Trans women can also develop testicular cancer if they haven't had an operation to remove their testicles (orchidectomy).

changes

It is important for men to be familiar with their genital structure and what is normal so they can detect any changes

Men and Testicular Cancer

Information used in this booklet was provided by Healthworks Cancer champions and also taken from Prostate Cancer UK

For more information visit:
www.healthworksnwcastle.org.uk
www.cr.uk.org



Healthworks
 the community health charity



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CHECK YOURSELF

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FOUNDATION

01

USING BOTH HANDS
FEEL ONE TESTICLE AT A TIME



ROLL EACH TESTICLE
BETWEEN THUMB & FINGERS

02

03

FAMILIARISE YOURSELF WITH
THE SPERMATIC CORD & EPIDIDYMIS



FEEL FOR LUMPS,
BUMPS & CHANGES IN SIZE

04

IT IS NORMAL FOR ONE TESTICLE TO BE LARGER THAN THE OTHER.
IF YOU HAVE ANY CONCERNS, PLEASE SPEAK TO A DOCTOR.



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