

T: @BHGateshead FB: @BetterHealthGateshead Follow us on social media

Making Every
Contact Count

T: @BHGateshead

FB: @BetterHealthGateshead Follow us on social media





www.cruk.org www.healthworksnewcastle.org.uk For more information visit: taken from Prostate Cancer UK by Healthworks Cancer champions and also Information used in this booklet was provided

Men and Testicular Cancer

Testicular cancer most commonly affects men between the ages of 15-45

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

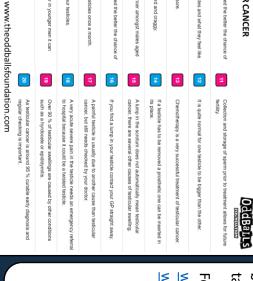
Who gets it?

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

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

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

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



males over 15 should check their test

20 FACTS ABOUT TESTICULAR CANCER

It is important to get to know your testicles and what

Some of the increase in risk is thought to be caused by changes in certain genes

around 8 - 9 times more likely to develop it Men with a brother who had testicular cancer are

4 - 5 times more likely to develop it

cancer have an increased risk of getting this cancer. Men whose father had testicular cancer are around

Brothers or sons of men who have had testicular

Family History

Risks and causes of testicular cancer

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

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

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

FB: @BetterHealthGateshead Follow us on social media T: @BHGateshead



FB: @BetterHealthGateshead Follow us on social media T: @BHGateshead





USING BOTH HANDS





ROLL EACH TESTICLE BETWEEN THUMB & FINGERS

FAMILIARISE YOURSELF WITH THE SPERMATIC CORD & EPIDIDYMIS



BUMPS & CHANGES IN SIZE

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



WWW.THEODDBALLSFOUNDATION.COM



