



Testicular Cancer

Cancer of the testicle is unusual as it tends to mostly affect men between 15 and 49 years of age.

Typical symptoms are a painless swelling or lump in one of the testicles, or any change in shape or texture of the testicles.

It's important to be aware of what feels normal for you. Get to know your body and see a GP if you notice any changes.

Did you know...

Men in their early 30s are the most likely to get testicular cancer

Survival rates for testicular cancer are very high

In the UK around 2,300 men are diagnosed with testicular cancer each year

Trans women can also develop testicular cancer if they haven't had an operation to remove their testicles

Signs and symptoms

Typical symptoms are a painless swelling or lump in one of the testicles, or any change in shape or texture of the testicles.

Look out for:

- A lump or swelling in part of one testicle
- A testicle that gets bigger
- A heavy scrotum
- Discomfort or pain in your testicle or scrotum

It's important to be aware of what feels normal for you. Get to know your body and see a GP if you notice any changes.

Screening

- There is no screening programme in place, that's why it is so important to check your testicles regularly and see your GP if you find anything unusual for you.
- Your symptoms are unlikely to be cancer but it is important to get them checked by a doctor.
- Try not to be embarrassed. Doctors are used to discussing intimate problems and will try to put you at ease.



Risks and how to reduce them

The exact cause or causes of testicular cancer are unknown, but a number of factors have been identified that increase a man's risk of developing it.

- Undescended testicles
- A family history of testicular cancer
- Previous testicular cancer
- Abnormality of the penis or urethra
- HIV or AIDS
- Ethnicity - in the UK white men are more likely to develop testicular cancer

You can take action to reduce your risk by:

- Checking yourself regularly
- Seeing your GP as soon as you notice anything unusual for you
- Getting more active
- Reducing your alcohol intake
- Losing weight if you are overweight
- Eating a balanced diet
- Stopping smoking

Further information and resources

- [Healthworks 'Take a minute' testicular cancer video](#)
- [NHS website](#)
- [Cancer Research - testicular cancer](#)
- [MacMillan Cancer Support](#)
- [Movember](#)