

What causes testicular cancer?

We don't know what causes testicular cancer, but we do know that some people have a higher risk of developing the disease. If one or both of a boy's testicles hasn't descended, he has a greater chance of developing testicular cancer later in life. Your risk is higher if a close member of the family has been diagnosed with the disease. White men are more likely to develop testicular cancer than black or Asian men.

Remember:

- know what is normal for you
- know what changes to look out for
- report any changes without delay.

Further information

For more about the signs and symptoms of cancer visit spotcancerearly.com

For more about cancer visit our patient information website cruk.org/cancer-help

If you want to talk in confidence about cancer, call our information nurses on freephone **0808 800 4040**.

Our health messages are based on scientific evidence. Find out more at cruk.org/health

All our leaflets are thoroughly researched and based on the most up-to-date scientific evidence. They are reviewed by independent experts and updated regularly. You can order our full range of leaflets free online at cruk.org/leaflets

About Cancer Research UK

CRUK pioneers life-saving research to bring forward the day when all cancers are cured. From our volunteers and supporters to our scientists, doctors and nurses, we're all here to save more lives and prevent, control and cure all cancers. If you would like to support our work, please call **0300 123 1861** or visit our website cruk.org

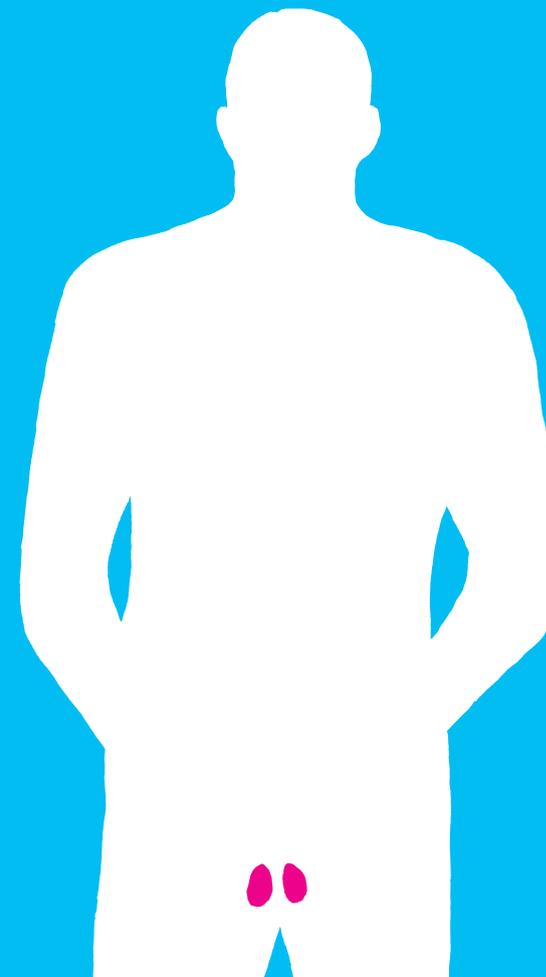
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TESTICULAR CANCER

How to spot the symptoms

cruk.org



Testicular cancer facts

Cancer of the testicles is relatively rare. Although cancer is generally more common in older people, testicular cancer is most common in young and middle-aged men. More than nine in 10 cases are in men under 55.

Spotting cancer early can save lives, that's why it is important to get to know your body and what is normal for you. That way you will be more likely to spot any changes. If you do notice changes, see your doctor. With early treatment, most men with testicular cancer in the UK can be cured.

Warning signs

The early signs of testicular cancer can often be quite easy to spot.

Watch out for one or more of the following:

- a hard lump on the front or side of a testicle
- swelling or enlargement of a testicle
- an increase in firmness of a testicle
- pain or discomfort in a testicle or in the scrotum (the sac that holds the testicles)
- an unusual difference between one testicle and the other.

Other warning signs may include:

- a heavy feeling in the scrotum
- a dull ache in the lower stomach, groin or scrotum.

It is unusual to develop cancer in both testicles at the same time, so if you are wondering whether a testicle is feeling normal or not you can compare it with the other.

If you notice anything unusual about your testicles you should go and see a doctor. Any changes may have other causes, but should always be checked out.

What if I have testicular cancer?

The good news is that testicular cancer is almost always curable if it is found early. And the disease responds well to treatment even if it has spread to other parts of the body.

Today, more than 95% of men with testicular cancer are cured.

Cancer doesn't have to be the end – sometimes it's a new beginning.



ALIM ERGINOGLU Testicular cancer survivor

I first noticed a lump when I was showering. The doctor confirmed it was seminoma, a type of testicular cancer, and I needed surgery. In 2002 I received radiotherapy for a tumour on my lymph nodes. I then found another lump on the other testicle. It was unbelievable – I thought it was all over. I had more surgery and chemotherapy.

I'm currently clear of all signs of cancer, and I now have two children, Keira and Daniel. Cancer doesn't have to be the end – sometimes it's a new beginning.