

## When to check your testicles

Check your testicles to become familiar with their usual shape, size and feel.

A good time to check your testicles is after a warm bath or shower, when the scrotal skin is relaxed. Be aware of what is normal for you and if you see or feel any changes see your GP as soon as possible.

## What to look for

Hold your scrotum in the palms of your hands. Use the fingers and thumbs on both hands to examine your testicles.

Gently feel each testicle individually. It should be smooth with no lumps or swellings, no pain or hardness.

Compare one testicle with the other. It is unusual to develop cancer in both testicles at the same time, while it's common to have one testicle slightly larger or hanging lower than the other. A noticeable increase in size or weight in one testicle may mean that something is wrong.

## What can I do?

Men who have one or more of the risk factors associated with testicular cancer should discuss their individual risk with their doctor.

All men should be aware of the normal look and feel of their testicles and check with their doctor if they notice any unusual symptoms or signs.

## Remember

Testicular cancer is one of the most curable cancers when found early. Don't let embarrassment get in the way of seeing your doctor and discussing the issue of testicular cancer.

# ONE IN THREE CANCERS CAN BE PREVENTED.



### Make smoking history

- Plan and prepare to quit and stay quit.



### Be SunSmart

- Protect your skin when the UV is 3 or above.



### Eat more plants

- Include plenty of vegetables, legumes, fruit, wholegrains, nuts and seeds.



### Be active

- Sit less and move more every day.



### Avoid alcohol

- Have alcohol-free days and swap to low- or no-alcohol drinks.



### Avoid excess weight gain

- Eat well and be physically active.



### Make time for your health

- Participate in screening and vaccination programs.
- Visit a health care professional if you notice a change in your body.



For support and information on cancer and cancer-related issues, speak to a cancer nurse on **13 11 20**. Calls are confidential and available statewide Monday to Friday during business hours. Local call costs apply, except for mobiles.

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# Testicular cancer.



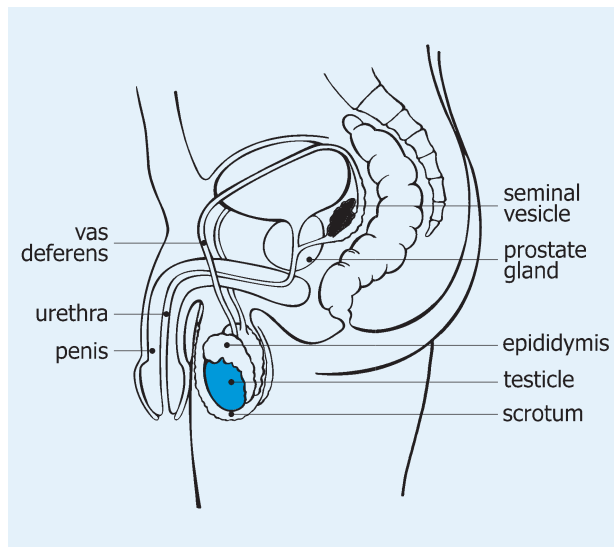
**13 11 20**  
Cancer Council

 **Cancer Council**  
WA

## What are the testicles?

The testicles (also called testes) are the primary male reproductive organs. From the age of puberty, the testicles make sperm and produce testosterone, responsible for male characteristics such as a deep voice, body and facial hair growth, muscle development and sexual feelings (libido).

The testicles are two small oval-shaped organs in the scrotum which hang behind the penis. Often one testicle hangs a little lower than the other one. The epididymis is a soft coiled tube behind each testicle, which stores and transports sperm from the testicles to the vas deferens.



## What is testicular cancer?

Cancer that develops in a testicle is called testicular cancer. In most cases only one testicle is affected. The most common testicular cancers are germ cell tumours. There are two main types, seminoma and non-seminoma.

Seminoma usually occurs in men aged between 25 and 45 years and tends to develop more slowly than non-seminoma cancers. Non-seminomas are more common in younger men, usually in their late teens or early 20s. Sometimes testicular cancer can spread to lymph nodes in the abdomen, or to other parts of the body.

## Who gets testicular cancer?

Testicular cancer is not a common cancer, but it is one of the most commonly diagnosed cancers in men aged 15 to 39 in Western Australia (WA). In 2017 in WA, 88 men were diagnosed with testicular cancer and there was one death. The chance of surviving at least five years after diagnosis is 97 per cent.

## What causes testicular cancer?

The causes of testicular cancer are not fully understood but it is one of the most curable cancers particularly if detected early. Because testicular cancer is rare, the risk of developing it is small even if you have risk factors, which include:

- Personal history of testicular cancer.
- Family history (having a father or brother who has had testicular cancer).
- Undescended testicles (or treatment for undescended testicles).
- Fertility problems.

## What are the symptoms and signs of testicular cancer?

All men should be aware of the normal look and feel of their testicles and should see their doctor if they notice any of the following:

- A lump or swelling in the testicle (a lump or swelling in part of one testicle is the most common symptom of a testicular cancer). It can be as small as a pea but may be much larger and may be painful or painless. If men notice any testicular swelling they should seek medical attention as soon as possible.
- A noticeable increase in size or weight of one testicle.
- Feeling of unevenness.
- A 'heavy' scrotum.
- Discomfort or pain in a testicle or the scrotum.

Having one or more of these symptoms and signs does not mean you have testicular cancer, however, you should see your GP without delay who will usually request an initial ultrasound scan to check the appearance of the testicle.

## Finding it early

There is a better chance of successful treatment if cancer is found early. Being aware of what's normal for you and alerting your GP to any noticeable changes is the best way of an early detection and improves chances of a better outcome.

There is no routine screening test for testicular cancer.