

Medical guidance notes and information

Testicular and other 'Men Only' Cancers

Do you Check Your Kit..?

There are 3 'men only' cancers.

- Prostate Cancer - which generally affects older men;
- Penile Cancer - which is extremely rare;
- Testicular Cancer - which affects mainly young men.

Testicular cancer - the facts...

- Testicular cancer is the most common cancer in the UK in men aged 15-45.
- Nearly 1500 new cases are diagnosed each year.
- It is easily treated and can almost always be cured if diagnosed and treated early.

Prostate cancer - the facts...

- Prostate cancer mainly affects men over 60, with more than half the cases affecting men over 75.
- If detected early it can be easily treated.
- The PSA (Prostate Specific Antigen) blood test can be used to screen for early Prostate Cancer.
- Every man over 50 has a right to request a PSA test from his GP.

Check your kit regularly!

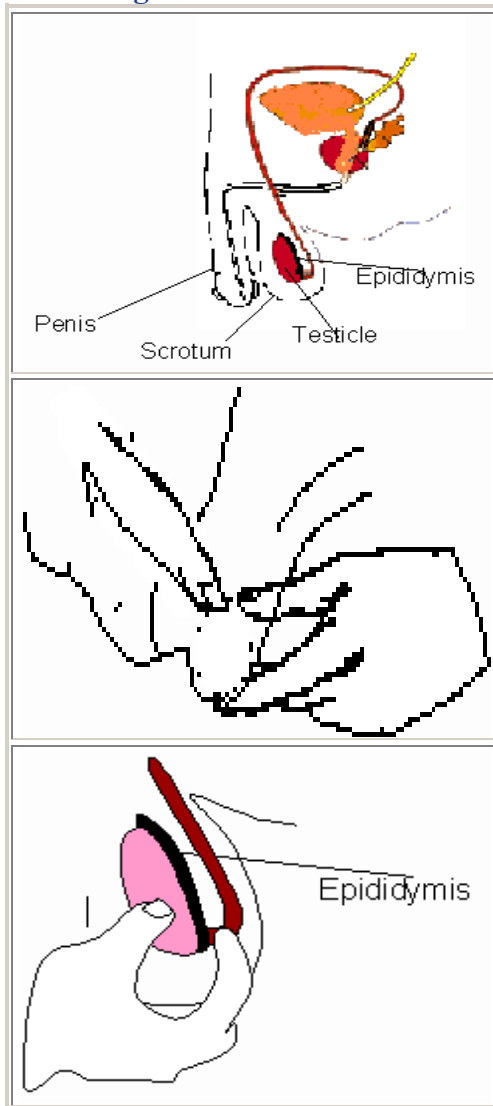
Testicular Cancer - What to look for...

There is a simple check you can do yourself;

- Examine your testicles regularly; say about once a month.
- Ideally after a warm bath or shower, when the scrotal skin is warm.
- Hold your scrotum in the palm of your hand and use the thumb and fingers of both hands to gently feel your testicles.
- Note their size and weight.
- It is normal for one testicle to be larger than the other, but they should be roughly the same weight.
- Feel each testicle individually; you should be able to feel a soft tube at the top and back of the testicle. This is the epididymis, which carries and stores sperm and should not be confused with an abnormal lump.
- Check each testicle for any lumps, swellings, slight enlargement or change in firmness.
- Normally testicles should be smooth without any lumps.

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If you notice anything unusual, you should see your GP straight away. It won't necessarily be cancer, but its best to get it checked early.

Prostate Cancer - What to look for...

You can not examine yourself for prostate cancer but there are warning signs to watch out for as you get older.

1. Passing blood in your urine.
2. Feeling the need to pass urine but being unable to go.
3. Only managing to pass small amounts of urine and immediately feeling the need to pass more urine.
4. Dribbling after passing urine.
5. Difficulties in starting or stopping urination.
6. A weak or poor stream of urine.
7. Urinating more often than usual.
8. Pain and stiffness in the lower back and hips.

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