

Understanding Testicular Cancer



What is Testicular Cancer

- Testicular cancer usually strikes men between the ages of 15 and 35.
- Testicular cancer occurs in the testicles (testes), which are located inside the scrotum, a loose bag of skin underneath the penis. The testicles produce male sex hormones and sperm for reproduction.
- Testicular cancer is highly treatable, even when cancer has spread beyond the testicle.

What are the symptoms of Testicular cancer

Often the first symptoms of testicular cancer is a hard, painless lump on either testicle, other symptoms can include:

- A change in the size, shape, tenderness, or feel of the testicle or scrotum
- Swelling or pain in the testicle or scrotum
- A feeling of heaviness or dragging in the lower abdomen or scrotum
- A dull ache in the lower abdomen and groin
- Unusual backache that doesn't go away
- Unexplained weight loss
- Soreness or sudden unexplained growth of the breast (around the pectoral chest muscle)

Some males get testicular cancer without any of these symptoms. If you have any of the above symptoms, do not hesitate to contact your family physician or other medical professionals and have your concerns checked immediately.

Who is at risk?

According to the Canadian Cancer Society there is no single cause. A male may be at risk if he:

- Is between the ages of 15 to 35.
- Has a delayed drop of the testicles into the scrotum at birth.
- Has a family history of testicular cancer.
- Had abnormal testicle development.
- Has a certain rare genetic condition.
- One testicle is significantly smaller than the other.

Some men get the disease with none of these risk factors.

Statistics

- Testicular cancer is the number 1 cancer in young men of ages 15-35; yet most men are completely unaware of it.
- Worldwide, there are 48,500 new patients diagnosed with testicular cancer each year; 8,900 of these men will die.
- Early detection of testicular cancer makes a positive difference in the treatment and outcome of the disease.

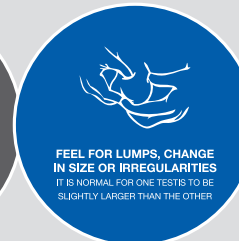
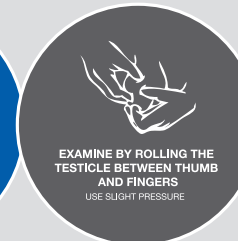
Testicular Self Examination (TSE)

Take a shower, this will warm and relax the testicles.

- Stand in front of a mirror. Check for any swelling on the scrotum. There should not be any pain when checking your testicles.
- Hold each testicle so you can feel the size and weight of each one. It can be common for one testicle to be slightly larger than the other and one may also hang lower than the other.
- Roll each testicle between your thumb and forefinger. It should feel smooth.
- You will feel a soft, tender, ropy cord at the back of each testicle. This is very normal.
- After you become familiar with how your testicle feels, you will be able to detect any changes. Try to check them a least once a month.
- Many men are not aware that testicular cancer is the most common cancer among males between the ages of 15-35.
- When detected and treated early, testicular cancer is one of the most curable forms of cancer.

LEARN TO CHECK YOURSELF

IT'S SIMPLE AND ONLY TAKES A FEW MINUTES
OTHERWISE SPEAK TO YOUR DOCTOR.



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