

How is testicular cancer treated?

The exact treatment used will depend on the type of testicular cancer and how advanced it is. An operation to remove the affected testicle is normal in all cases.

The loss of one testicle does not affect a man's ability to have an erection or father children and an artificial testicle can be put in the scrotum to restore a normal appearance.

Remember – nine out of ten lumps are harmless but every lump should be checked by a doctor.

Finding a cancer in its early stages means that you are likely to need simpler treatment and there is better chance of recovery.

Make an appointment with your doctor immediately and also feel free to call the **Ulster Cancer Foundation's Freephone Helpline** which offers support and information on all aspects of cancer and available services.

Tel: 0800 783 3339

Remember - Check yourself out once a month, it could save your life!



CARE SERVICES PROVIDED BY THE ULSTER CANCER FOUNDATION

Freephone Cancer Helpline

Staffed by experienced nurses
Monday – Friday 9 am – 5 pm Tel: 0800 783 3339

Counselling Service

Ulster Cancer Foundation counsellors are specially trained and experienced in helping patients and their families cope with cancer.

Patient Volunteer Service

The opportunity to talk to someone who has been through a similar experience of cancer.

Fitting Service

Providing suitable bras and swimwear for women who have had breast surgery and headwear for those experiencing hair loss.

Cancer Support Groups

A wide range of cancer support groups meet throughout Northern Ireland.

Resource Centre

A centre with resources, information and support for patients, their families and carers.

Additional Support Services

A wide range of educational, therapeutic and social activities to enhance the lives of all of those affected by cancer.

To make use of any of these services please contact...



Testicular Cancer

How to protect yourself



40-44 Eglantine Avenue,
Belfast BT9 6DX
Tel: 028 9066 3281
Fax: 028 9066 8715

Freephone Helpline: 0800 783 3339
E-mail: ucf.info@ulstercancer.org

Donate Online: www.ulstercancer.org

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Charity No. XN48265 Feb 2006

A simple self-test can tackle the problem!



What is Testicular Cancer?

Testicular cancer is a type of cancer that develops in the testicles, (often called 'balls') which form part of the male reproductive system.

There are relatively few deaths from testicular cancer, because it is one of the easiest to cure, but only if detected early. That is why it is so important that men check themselves regularly.

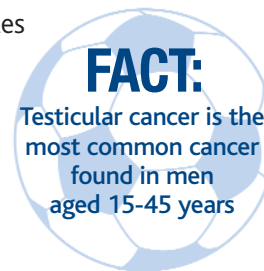


What are the symptoms to look out for?

The most common symptom of testicular cancer is a small, hard lump (like a dried pea), usually on the front or side of the testicle.

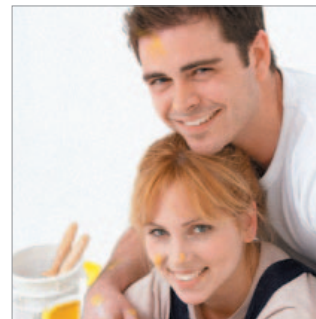
Other signs worth paying attention to are:

- Pain and tenderness in testicles
- Blood in sperm during ejaculation
- Build up of fluid in the scrotum
- Enlargement or tenderness of breasts
- A dull ache in the lower abdomen or groin
- An increase, or significant decrease, in the size of one testicle



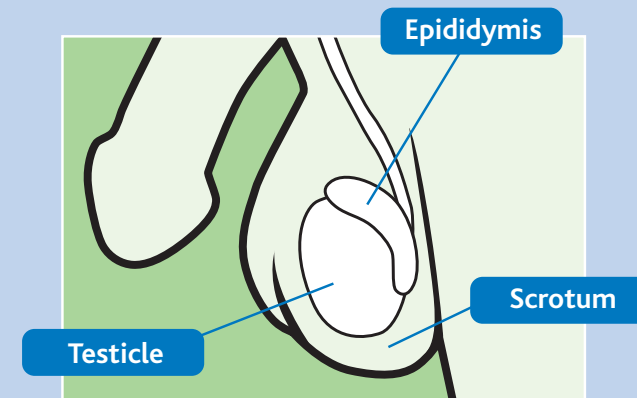
If you detect a lump or any of the symptoms above contact your doctor immediately.

If there is cause for concern you will be referred to a specialist for an ultrasound scan of the testicle. This procedure is simple and painless and only takes minutes.



Check yourself out monthly - it could help save your life!!

Ideally check during or after showering when the skin of the scrotum is soft and relaxed.



- Place your scrotum in the palm of your hand
 - Look for changes in size or weight. (It is common to have one testicle slightly larger, or which hangs lower than the other, but any noticeable increase in size or weight may mean something is wrong)
 - Gently roll each testicle individually between your thumbs and fingers using both hands
 - You should feel a soft tube at the top and back of the testicle. This is the epididymis (see diagram) which carries and stores sperm. It may feel slightly tender
 - Don't confuse it with an abnormal lump. (It is a normal part of your anatomy and there is one on each side)
 - Feel each testicle
 - Each should be smooth with no lumps or swellings
- It is unusual to develop cancer in both testicles at the same time, so you can often compare one testicle with the other to see if it is abnormal.