

When to check your testicles

Check your testicles from time to time. Checking them routinely, such as weekly or monthly, is unlikely to lead to an improvement in survival.

A good time to check your testicles is after a warm bath or shower, when the scrotal skin is relaxed.

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.

Compare one testicle with the other. It is unusual to develop cancer in both testicles at the same time.

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?

See your doctor if you have:

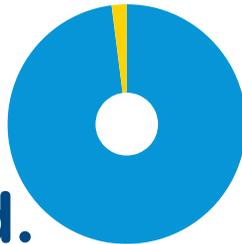
- an unusual lump or swelling in part of one testicle (or both)
- a 'heavy' scrotum
- a pain in the testicle or scrotum.

When found early

98%

of men diagnosed
with testicular cancer

will be cured.



To access any of our services, programs or information about cancer, call one of our Cancer Nurses on **13 11 20**.

This is a confidential service, available Statewide Monday to Friday during business hours.

www.cancerwa.asn.au



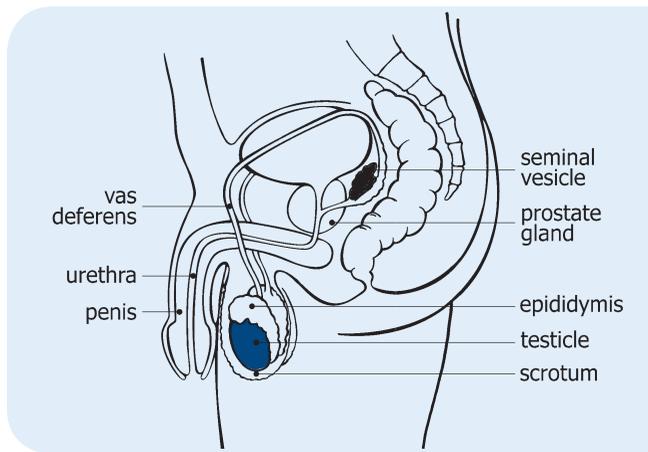
Testicular cancer



The testicles (also called testes)

- Two small oval-shaped organs in the scrotum
- Hang behind the penis
- Often one testicle hangs a little lower than the other one
- The epididymis: a soft coiled tube behind each testicle, stores and transports sperm from the testicles.

The testicles are one of the primary male reproductive organs. From the age of puberty, the testicles make sperm and the hormone testosterone.



What is testicular cancer?

Cancer that develops in a testicle is called testicular cancer. In most cases only one testicle is affected. Most testicular cancers start in the cells that become sperm. Sometimes testicular cancer can spread to lymph nodes in the abdomen, or to other parts of the body.

The causes of testicular cancer are not fully known, but it is one of the most curable cancers.

Who gets testicular cancer?

Testicular cancer is not a common cancer, but it is one of the most commonly diagnosed cancers in men aged 15–39 in WA. About 80 men are diagnosed with testicular cancer in WA each year and there are fewer than five deaths.

What causes testicular cancer?

Because testicular cancer is rare, the risk of developing it is small even if you have risk factors.

Risk factors include:

- Undescended testicles (or treatment for undescended testicles)
- Fertility problems
- Previous testicular cancer
- Family history of testicular cancer.

There is no known link between testicular cancer and injury to the testicles, sporting strains, hot baths, vasectomy or wearing tight clothes.

What are the signs and symptoms of testicular cancer?

Having one or more of the following signs or symptoms does not mean you have testicular cancer, but men should see their doctor if they notice any of the following:

1. A lump or swelling in the testicle

A lump or swelling in part of one testicle is the most common sign of testicular cancer. It can be as small as a pea but may be much larger.

You may notice an unusual difference between one testicle and the other.

2. A 'heavy' scrotum

Your scrotum may feel heavy.

3. Discomfort or pain in a testicle or the scrotum

Testicular cancer is not usually painful.

But for about 1 in 5 men (20%) with testicular cancer a pain in the testicle or scrotum is the first symptom.

Finding it early

Cancers are easiest to treat when they are found early. Get to know how your body normally looks and feels, including your testicles. If you notice any changes let your doctor know straight away.