

THE EUROPEAN CODE AGAINST CANCER

The European Code Against Cancer outlines healthier lifestyle choices that can help you avoid certain cancers and improve your general health. These include:

- If you smoke, plan to quit
- Eat at least five servings a day of a variety of fruit and vegetables
- Limit your intake of fatty foods
- If you drink alcohol limit your intake
- Do brisk physical activity every day
- Be a healthy weight
- Protect yourself from the sun and avoid sunburn, especially in children
- See a doctor if you notice a lump, a sore that does not heal, a mole that changes in shape, size or colour, or bleeds in unusual circumstances
- See a doctor if you have a persistent problem, such as an ongoing cough or hoarseness, a change in bowel or bladder habit, or unexpected weight loss.



CHECKING YOURSELF

Remember, keep your eye on the ball. Testicular cancer is easier to treat if it is caught earlier.

Check yourself regularly and look out for any changes that are unusual for you.

what you should know

FURTHER INFORMATION

Anyone who is concerned about testicular cancer or about cancer in general can speak with a specialist nurse in confidence by calling the **National Cancer Helpline on Freephone 1800 200 700**.

The Helpline is open Monday-Thursday 9am-7pm, Friday 9am-5pm.

Those who wish to speak to a specialist nurse can also contact us through our:

- **Walk-in service** – visit us in person at the Irish Cancer Society offices at 43/45 Northumberland Road, Dublin 4
- **Email service** – email us at helpline@irishcancer.ie
- **CancerChat** – chat live on the web with a specialist cancer nurse at www.cancer.ie
- **Message Board** – visit our online bulletin board at www.cancer.ie



MAC (Men Against Cancer) is a peer support group established with the support of the Irish Cancer Society. MAC provides information, advice and support to men who have had a diagnosis of prostate or testicular cancer.

Contact MAC at:
Irish Cancer Society 43/45 Northumberland Road, Dublin 4.

Freephone: 1800 200 700

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Testicular Cancer



HOW COMMON IS TESTICULAR CANCER?

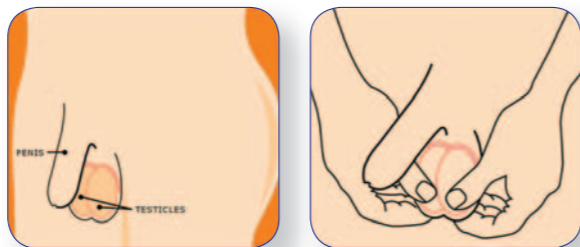
Although it is still quite rare, testicular cancer is the most common cancer in young men aged between 15-34 years in Ireland. The number of men who develop testicular cancer has been increasing over the past few years. However, testicular cancer is very treatable and is nearly always curable.

WHAT CAUSES TESTICULAR CANCER?

The exact cause of testicular cancer is unknown. However the risk is greater if one testicle is missing or has not come down into the scrotum. If your father or brother had testicular cancer your risk may also be slightly higher. No link has been found between an injury and testicular cancer.

HOW SHOULD I CHECK MYSELF?

It can help to examine your testicles yourself every month. The best way to do this is after a warm bath or shower when the skin of your scrotum is relaxed.



- Hold your scrotum in your hands.
- Use the fingers and thumbs of both hands to examine your testicles.
- Gently feel each testicle, one at a time, for any change in size or weight.
- It is common for one testicle to be slightly larger or hang lower than the other.
- The testicle itself should be smooth with no lumps or swellings.
- It is normal to feel a soft tube at the top and back of the testicle.

If you notice any swelling or lump or different sensation than normal, get it checked by your doctor as soon as possible.

WHAT DO I NEED TO LOOK OUT FOR?

If you answer YES to any of the following questions do not delay in speaking with your doctor:

- Can you feel a painless lump or swelling in a testicle?
- Do you feel pain, discomfort or heaviness in a testicle or in the scrotum?
- Can you feel a dull ache in the groin?
- Do you notice anything that is unusual for you?

Most lumps in the testicles do not turn out to be cancer. But don't ignore a lump, even if you notice it after an injury. If your doctor confirms that you have an unusual lump or swelling, you may be sent to a specialist for further tests.

WHAT IF IT IS CANCER?

If tests show that you have testicular cancer, your doctor will plan your treatment depending on a number of factors including:

- Your general health
- The type of cancer cells found
- Results of the tests

Surgery, radiotherapy and chemotherapy may be used alone or together to treat testicular cancer.

Surgery: removal of part or all of the testicle

Radiotherapy: the use of radiation treatment to destroy cancer cells

Chemotherapy: the use of drugs that kill cancer cells

WILL TESTICULAR CANCER AFFECT MY SEX LIFE OR FERTILITY?

Most men can still have a normal sex life and children after treatment for testicular cancer. Knowing the signs to watch for and having treatment early increases your chance of this being the case.

Some treatments for testicular cancer may cause infertility but sperm can be stored before treatment starts. You can discuss this with your doctor.

