**Survivors Supporting Survivors**

– is the Irish Cancer Society's one-to-one peer support programme, providing emotional and practical support to people diagnosed with cancer including men diagnosed with prostate and testicular cancer. Being diagnosed with cancer can be one of the most difficult situations a person will have to face in their lifetime. All of our Survivors Supporting Survivors volunteers have had a cancer diagnosis. The volunteers have been carefully selected and trained to give support, practical information and reassurance when you need it most. You can speak to someone who really knows what you're going through. To contact a volunteer please call the Irish Cancer Society's National Cancer Helpline on Freefone 1800 200 700 or email helpline@irishcancer.ie.

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**Daffodil Centres**

– are located in a number of Irish hospitals and are staffed by a specialist nurse and trained volunteers

**Message Board**

– CancerChat

– Email service

– 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

**Irish Cancer Society**

**Testicular Cancer**

**EUROPEAN CODE AGAINST CANCER**

12 WAYS TO REDUCE YOUR CANCER RISK

1. Do not smoke.
2. Make your home smoke-free.
4. Be physically active in everyday life. Limit the time you spend sitting.
5. Have a healthy diet:
   - Eat fruit, vegetables, whole grains and pulses. Limit foods high in sugar, salt and fat. Avoid processed meat and limit red meat.
6. Drinking alcohol can cause cancer. Limit or avoid alcohol.
8. In the workplace, protect yourself against cancer-causing substances.
9. Find out if you are exposed to high radon levels in your home and take action.
10. For women:
   - Breastfeeding is proven to reduce the risk of cancer.
   - HRT increases the risk of certain cancers. Limit HRT.
11. Vaccination Programmes:
   - Hepatitis B (for newborns)
   - Human papillomavirus (HPV) (for girls).
12. Cancer screening
   - Bowel cancer (men and women)
   - Breast cancer (women)
   - Cervical cancer (women).

See a doctor if you notice
- an unexplained lump
- unexplained weight loss
- unexplained blood bleeding that isn’t normal
- unexplained pain that doesn’t go away
- an ongoing cough or hoarseness
- a sore that doesn’t heal
- a mole that changes in shape, size, colour or bleeds
- a change in bowel or bladder habit
- any persistent symptoms that last 3 weeks or more.

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 Freefone 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
- Daffodil Centres – are located in a number of Irish hospitals and are staffed by a specialist nurse and trained volunteers
- Survivors Supporting Survivors – is the Irish Cancer Society’s one-to-one peer support programme, providing emotional and practical support to people diagnosed with cancer including men diagnosed with prostate and testicular cancer. Being diagnosed with cancer can be one of the most difficult situations a person will have to face in their lifetime. All of our Survivors Supporting Survivors volunteers have had a cancer diagnosis. The volunteers have been carefully selected and trained to give support, practical information and reassurance when you need it most. You can speak to someone who really knows what you’re going through. To contact a volunteer please call the Irish Cancer Society’s National Cancer Helpline on Freefone 1800 200 700 or email helpline@irishcancer.ie.

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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 TESTS WILL I HAVE?

A common test for a testicular lump is an ultrasound scan. This is painless and very quick.

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 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.