

# HOW TO CARRY OUT A TESTICULAR SELF-EXAMINATION

**YOU SHOULD PERFORM THESE EASY STEPS REGULARLY. A THOROUGH EXAMINATION MAY BE EASIER AFTER A WARM BATH OR SHOWER AS THE SCROTAL SKIN RELAXES.**



- 1** Most lumps found on the testicles are benign but any changes in size, shape or weight should be checked by your GP.
- 2** Support the scrotal sac in the palm of your hand and become familiar with the size and weight of each testicle.
- 3** Examine each testicle by rolling it between your fingers and thumb. Press gently to feel for lumps, swellings, or changes in firmness.
- 4** Remember each testicle has a tubular structure at the top which carries sperm to the penis. *Don't panic if you feel this — it is normal.*

**IF YOU HAVE ANY SYMPTOMS, VISIT YOUR DOCTOR!**

## USEFUL WEBSITES:

[www.icr.ac.uk/everyman](http://www.icr.ac.uk/everyman)

Everyman – action against male cancer is an appeal run by the Institute of Cancer Research.

[www.cwu.org](http://www.cwu.org)

Men's Health information can be found within the Health, Safety & Environment pages.

[www.prostate-cancer.org](http://www.prostate-cancer.org)

The Prostate Cancer Research Institute's goal is to help educate people about prostate cancer to improve their communication with their physicians in order to arrive at the best possible outcomes.

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

Cancer Research UK – for anyone who wishes to know more about the charity, about cancer, or how to play a part in our vision to cure cancer faster.

[www.macmillan.org.uk](http://www.macmillan.org.uk)

Helping people living with cancer.

[www.menshealth.co.uk](http://www.menshealth.co.uk)

Men's Health provides positive, practical information that men can use to live the lives they want to.

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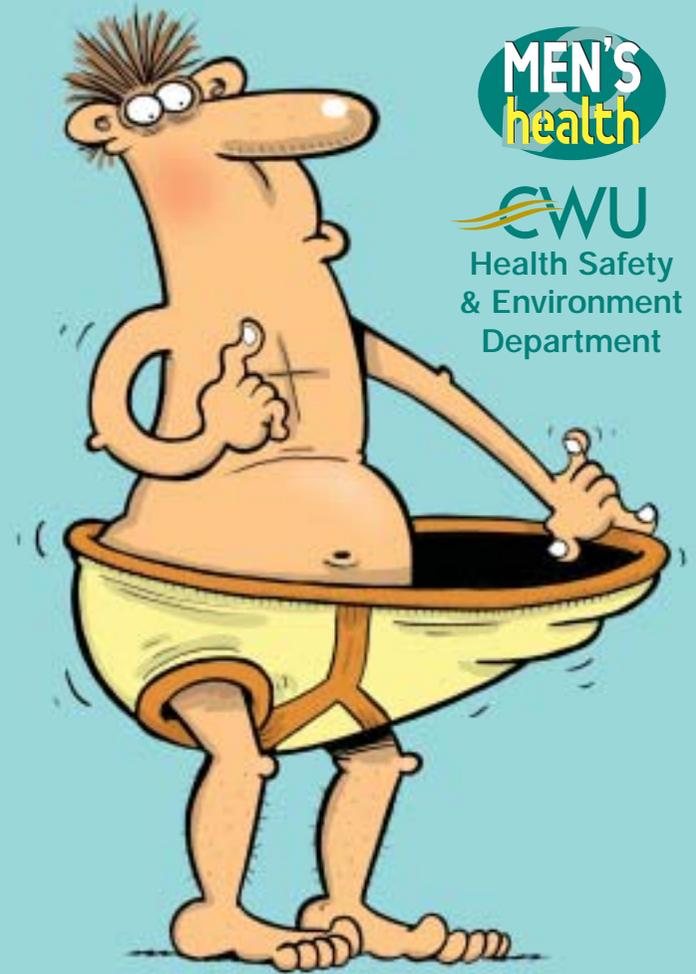
[www.cwu.org](http://www.cwu.org)

COMMUNICATION  
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# TROUBLE WITH YOUR WATERWORKS ?

MEN'S  
health

CWU  
Health Safety  
& Environment  
Department



A CWU guide to the signs & symptoms of Prostate & Testicular Cancer

## WHAT IS TESTICULAR CANCER?

Testicular cancer is the most common cancer to affect men between 20-35 years old.

The incidence of testicular cancer has doubled in the past 20 years and currently over 1,500 new cases are diagnosed each year. More research urgently needs to be carried out to discover just why there is such an increase in testicular cancer. Testicular cancer is easily treated if caught at an early stage and is nearly always curable. If diagnosed early enough the recovery rate is 96%.

Only 14% of young men check their testicles regularly, according to a MORI poll carried out by the Institute of Cancer Research, but this method of early detection is both simple and effective.

## SIGNS AND SYMPTOMS

Regular self-examination will help you become of the normal feel and size of your testicles so that any abnormalities can be spotted early on. If you **do** notice any of the following symptoms, **go and see your GP** as soon as you can:

- A lump in either testicle
- Any enlargement of the testicle
- A feeling of heaviness in the scrotum
- A dull ache in the abdomen or groin
- A sudden collection of fluid in the scrotum
- Growth or tenderness of the upper chest.

Don't just wait and hope that these symptoms disappear – **go and get checked out by your doctor**. Most lumps are not cancerous, but the earlier you find out, the earlier you can get any necessary treatment.



## WHAT HAPPENS NEXT?

If your doctor thinks that you might be suffering from testicular cancer, he is likely to recommend one or more of the following options:

- Referral to a surgeon
- A blood test
- A biopsy
- An X-ray
- An ultrasound scan.

These tests are firstly to determine whether you have testicular cancer and secondly, to discover to what extent it has spread.

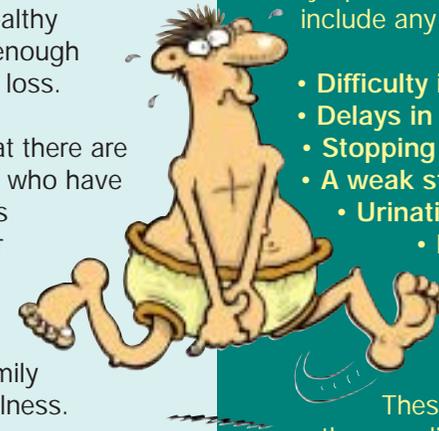
If caught early and the cancer has not spread, treatment will ordinarily be the surgical removal of the cancerous testicle. If the cancer has spread, this will usually be followed by a three to four month course of chemotherapy.

## THE FUTURE

If you are treated for testicular cancer, it is likely that both your fertility and your sex life will recover after the end of the treatment.

If you have a testicle surgically removed, you should have the option to have a prosthetic replacement fitted. The remaining, healthy testicle tends to be able to produce enough healthy sperm to compensate for the loss.

There is also no existing evidence that there are any risks to children fathered by men who have been treated for testicular cancer. It is important however to make sure your family is aware of your treatment and of this issue – it is known that a history of undescended testes at birth, or of testicular cancer in the family increases the risk of developing the illness.



## THE PROSTATE

The prostate is a male sex gland located underneath the bladder. It is about the size of a walnut and fits around the tube (the urethra) which carries urine out of the bladder. The prostate produces a thick fluid that forms part of the semen.

## PROSTATE CANCER

Around 16,000 men (1 in 20) are diagnosed with prostate cancer each year. Prostate cancer usually affects older men – 95% of all patients are aged between 45 and 80.

## CAUSES

In most cases, we simply do not know what causes prostate cancer to occur. We do know that the risk is increased if there is a family history of the disease – but it is vital that more research is conducted and that the issue of prostate cancer is given a greater profile.

## SIGNS AND SYMPTOMS

One of the problems related to prostate cancer is that, in its early stages, it often does not cause symptoms. When they do occur they may include any of the following problems:

- Difficulty in urinating
- Delays in urinating
- Stopping and starting urinating
- A weak stream of urine
  - Urinating more often than usual
  - Pain while urinating
  - Blood in the urine
  - Pain or stiffness in the lower back and hips.

These symptoms **can** also be caused by other conditions that are less serious.