

Know Your Body: Testicular Cancer

What is it?



cancer

Testicular cancer is when normal, healthy cells begin to multiply uncontrollably within the testicles.



diagnosed

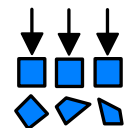
Around 2,400 men are diagnosed with testicular cancer in the UK each year.



early

Testicular cancer is normally curable but it is easier to treat when it is diagnosed early.

How do I check myself?



normal

You should regularly check your testicles so you can get to know what is normal for you. A normal testicle should feel smooth and firm, but not hard.



check

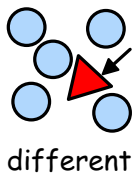
Hold your scrotum in the palm of your hand. Use your fingers and thumb to examine each testicle. Remember there is a soft tube which runs behind each testicle and is normal.

What should feel and look for?



changes

- Lumps or swellings
- Anything that has changed
- Differences between your testicles.



It is normal for the testicles to be slightly different in size. It is also normal for one to hang lower than the other.



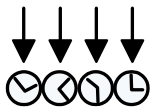
lump

The most common sign of testicular cancer is a small, usually pea sized lump, usually painless, on the the testicle.



unusual

Most lumps are not cancer but it is important you get your doctor to check anything unusual as soon as possible.



regularly

You should check yourself on a regular basis for instance monthly.



Version 1: Information was correct as of 5 October 2022

The health information in these materials relating to testicular cancer awareness is provided by **Orchid**.

References available on request.

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