

Don't be
embarrassed,
anxious or nervous.
Rapid diagnosis,
could save your life!

Health Promotion Sessions

Action Cancer's Health Promotion team provide men's health promotion sessions. These aim to educate men on how a healthy lifestyle can help prevent cancer and how the early detection of cancer by regular self examination can save lives.

Information Helpline

Action Cancer has introduced an information helpline specifically to answer your questions or concerns on testicular or prostate cancer.

Telephone 028 9080 3344 and ask to speak to someone in the health promotion department.

Action Cancer Provides...

Early Detection

Early detection saves lives. Action Cancer is the only charity in Northern Ireland to offer a breast screening service for women. Action Cancer also carries out health checks onboard the Big Bus and at Action Cancer House in Belfast.

Support Services

A cancer diagnosis and treatment can be difficult to cope with for an individual and close friends and family. Action Cancer provide a Listening Ear Service, complementary therapy and counselling services to those closely affected by cancer in order to enhance quality of life.

Education

In a bid to increase early detection and support those affected by cancer, Action Cancer provide a range of leaflets giving information on cancer prevention, detection and treatment. In addition our Health Promotion Team visits schools, workplaces and Community groups across Northern Ireland giving health promotion talks.

Action Cancer is Northern Ireland's leading local cancer charity. All of the services we provide are confidential. We depend heavily on public and business donations to keep our services going.

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Find out about Testicular Cancer



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Wake up and Get a Grip

Early Detection

Testicular Cancer is the most common cancer in men aged between 15 and 45 years.

There are approximately 60 men diagnosed with testicular cancer per year in Northern Ireland.

Testicular Cancer is a growth or tumour which appears in one of the testicles (which are commonly known as 'balls').

The testicles are the male reproductive organs contained within a bag of skin called the scrotum which hangs below the penis.

What causes Testicular Cancer?

We don't yet know what causes testicular cancer, but we do know that men who were born with an undescended or partly descended testicle are more likely to develop testicular cancer.

Your risk of developing testicular cancer is also increased if you are a white male.

Research also indicates that if you have a father or a brother who has developed the disease, you are at increased risk.

If diagnosed at an early stage, testicular cancer can be easily treated and is nearly always curable. More than 50% of men consult their doctors after cancer has started to spread making it more difficult to treat successfully.

A simple regular check - testicular self examination (TSE) - could help you to detect the early signs of testicular cancer.



What is TSE?

TSE involves the routine examination of the testicles. It will help you to know what is normal for you and enable you to detect any changes early on.

It should be performed regularly, at least once a month, ideally in a bath or shower when the muscle in the scrotal sac is more relaxed.

You should ask your partner to help with the examination.

How to carry out TSE?

Support the testicles and scrotum in the palm of the hand. It is common to have one testicle slightly larger than the other, or which hangs lower than the other.

If one feels heavier than the other, this could indicate something is wrong.

Gently examine each testicle in turn. Using both hands, roll each testicle between the thumb and fingers.

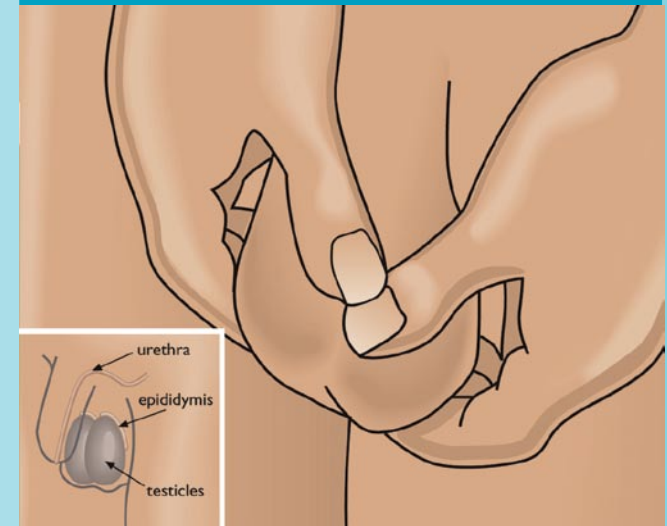
You should feel a soft tube at the top and back of the testicle. This irregular sausage-like structure is called the epididymis which stores and transports sperm.

This is often confused as something abnormal, however, it is a normal part of a man's anatomy. Feel the testicle itself. It should be smooth with no lumps or swellings.

Check for:

- Small lumps or hardness
- Swelling
- Tenderness
- A sensation of dragging or heaviness in the scrotum
- A dull ache on the lower abdomen or groin

HOW TO CHECK AND WHAT TO LOOK OUT FOR



What if I notice a change?

Most lumps are benign (noncancerous) but a few will be cancerous and should be treated immediately. Only a doctor can tell you which should be investigated further. Do not be embarrassed or nervous. Rapid diagnosis could save your life.

What if it is Cancer?

If an abnormality is found, you may be referred for further investigation. If these tests show that it is cancer, the affected testicle may be removed or other treatments recommended.

Testicular cancer can be cured if detected at an early stage.