



Testicular Cancer Awareness

Early diagnosis

Although it can occur at any age, it most commonly affects males aged between 20-40. It has one of the best recovery rates of all cancers with 95% of those diagnosed making a full recovery, particularly if it's diagnosed early.

Family history

Having a close relative i.e. brother or father who has suffered with testicular cancer increases your risk of developing the disease. If this is the case, it's essential to self-check on a more frequent basis.

What to look for

Most commonly the first symptom of testicular cancer is a painless lump or swelling in the testicle. Other symptoms can include aches and discomfort in your testicles, scrotum, groin or lower abdomen, or feeling tired and unwell.

Undescended testes

If a baby's testes fail to descend either whilst in the womb or during the first year of life, they are three times more likely to develop testicular cancer than men who didn't have this problem.

Did you know?

There is evidence that taller males are at an increased risk of developing testicular cancer, compared to shorter men.