

Testicular Cancer

Awareness, risk and prevention



What is testicular cancer?

Testicular cancer is cancer that's found in the testicles.

What causes testicular cancer?

The exact cause of testicular cancer is often not known, but several factors can increase risk. These include if your dad or brother has had it and whether you have had it before. Some conditions, like undescended testicles, hypospadias (in which the opening of the urethra is on the underside of the penis) and HIV or AIDS, also increase risk. Risk is also higher if you are from a white British background.

Who can get testicular cancer?

Anyone with testicles can get testicular cancer. Most cases are in men aged 15–49.

How common is testicular cancer?

Testicular cancer is the 17th most common cancer in UK males, with around 2,400 new cases every year. That's 1% of all new male cancer cases in the UK.

How preventable is testicular cancer?

Testicular cancer is not clearly linked to any preventable risk factors. However, not smoking and maintaining a healthy weight are highly recommended for cancer prevention in general.

Is there a screening programme for testicular cancer?

There isn't a national screening programme for testicular cancer in the UK. This is because there isn't a reliable test that can pick up testicular cancer at an early stage.

What if someone has a family history of testicular cancer?

People who have a family history of testicular cancer can check with their GP whether genetic counselling might be appropriate. It's important to know how your testicles look and feel, check them regularly and contact your GP if there are any changes.

45%

of men aged 16–44 worry about getting cancer in the future.

41%

of men aged 16–44 say they have never received cancer risk information during healthcare appointments.

14%

of men aged 16–44 do not believe any risk factors are related to cancer.

How is testicular cancer diagnosed?

If you have some of the signs and symptoms of testicular cancer listed below, your GP will probably carry out or recommend the following tests:

- **A physical examination.** The doctor will probably examine your testicles and check the lymph nodes at the top of your legs.
- **A blood test.** This test looks for a protein that can indicate tumours in the body.
- **An ultrasound scan.** Your GP might refer you to a local hospital to have this test.

It's also possible that your GP might decide to refer you directly to a specialist to investigate whether your symptoms are testicular cancer.



What are the signs or symptoms to be aware of?



The main symptoms of testicular cancer are:

- Difficulty starting to urinate or emptying your bladder
- A weak flow when you urinate
- A feeling that your bladder hasn't emptied properly
- Dribbling urine after you finish urinating

These symptoms can be caused by conditions other than testicular cancer, like infections. However, if these symptoms are new for you or don't go away, you should contact your GP.

It helps to know what your testicles usually look and feel like, and to be aware of their normal size and weight, so changes, including any lumps or swellings, are more obvious. Some people find that checking themselves after a bath or shower works well.

How treatable is testicular cancer?

Testicular cancer is highly treatable and survival has increased significantly in the last 50 years in the UK. Just over 96% of males diagnosed with testicular cancer survive for 10 years or more.

What should you do if you don't have symptoms but want more information?

If you would like to read more about how to check for testicular cancer you can access [Testicular Cancer UK here](#).

Whole Human Cancer Care, from Risk to Recovery.