

Perci Health

Testicular Cancer Awareness Month

April



Education, engagement and inclusion for employees.

Testicular Cancer Awareness Month, April is a dedicated awareness campaign aimed at educating people about testicular cancer, its signs and symptoms, and the importance of contacting a GP with any concerns. There are 2,400 new cases of testicular cancer in the UK every year, and this month helps remind employees to selfcheck regularly.



Why promote Testicular Cancer Awareness Month in your workplace?

- Testicular cancer is uncommon, however most cases are in men of working age (15 to 49).
- There is no NHS screening programme for testicular cancer so it's important that men understand what to look out for and contact a GP with concerns.
- Detecting testicular cancer relies on men knowing their bodies and self-checking regularly.
- Offering risk awareness education can make a real difference to employees, as well as to the significant costs associated with cancer.

65%

Of surveyed employees agreed that cancer prevention and early detection education is important in the workplace.

55%

Agreed that employers have an actual responsibility to support cancer prevention and early detection education.

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Given the significant number of people of working age who are affected by cancer, and the devastating impact the illness can have on them and their loved ones, it is vital for employers to appropriately support their staff.

Ian Talbot, CEO, Healix Health Services

Five easy ways to promote the campaign



01

Share the employee brochure provided in the Perci Health cancer awareness campaign hub.

02

Display the provided posters in areas of high footfall around the workplace, such as breakout areas, kitchens and bathrooms.

03

Share the ready-to-go social media posts on your chosen channels, offering reliable stats about testicular cancer.

04

Post a short awareness message on Slack, Teams or the company intranet, explaining the importance of the campaign.

05

Encourage employees to contact their GP if they have any concerns about risk or are experiencing symptoms.

How to have sensitive conversations during a cancer awareness campaign

Feeling uncomfortable about having conversations about cancer and screening is a significant barrier to running an engaging cancer awareness campaign. Here's how managers can approach them.

- ✓ **DO** Use inclusive language. For example, at Perci, we use 'Eligible people' when we talk about screening.
- ✓ **DO** Signpost employees to reputable information (like the Perci campaign awareness assets) and sources of advice (like Macmillan, NHS, their GP or Perci cancer nurse specialists).
- ✓ **DO** Plan how to respond if an employee raises concerns, before you actually need to.

- ✗ **DON'T** Ask employees whether they are up to date on screening. Instead, direct employees to the NHS app to check the date of their last results.
- ✗ **DON'T** Offer medical advice yourself or share personal stories about test experiences or cancer.

Why should employers support testicular cancer awareness?

Men and people with testicles face significant barriers to the knowledge and support that could potentially save their lives.

- **Routine NHS screening is not available.** There isn't a national screening programme for testicular cancer in the UK as there isn't a test that reliably picks up testicular cancer at an early stage.
- **Detecting the signs and symptoms of testicular cancer relies on self-checking.** Symptoms like lumps, swelling or heaviness can only be found if men know their bodies well and take the time to check.
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Men are less likely to seek healthcare than women.

Studies show that men have lower levels of health literacy and poorer awareness and recognition of cancer symptoms than women.

Currently, it's an individual's own responsibility to understand testicular cancer signs and symptoms, investigate their personal risk, and to contact a GP if they're concerned. It's therefore vital that employers engage with campaigns of this kind and provide free, reliable advice, as well as offering time off to attend GP and testing appointments.

Trusted testicular cancer resources

[nhs.uk](https://www.nhs.uk) • [macmillan.org.uk](https://www.macmillan.org.uk) • [cancerresearchuk.org](https://www.cancerresearchuk.org)

It's also a good idea to research testing support local to your workplace.