

**98% of men diagnosed survive testicular cancer.**

**WHAT YOU SHOULD LOOK FOR**

- A change in the usual feel of your testicles
- Dull ache or pain in the back, groin, lower abdomen or scrotum

If you spot blood in your urine, even if it disappears, you must visit your doctor so it can be investigated. In most cases it will not be cancer, it could be an infection, but should always be checked out.

**Further information**

For more information on urology, its conditions and about the signs and symptoms you should be aware of visit [theurologyfoundation.org/urologyhealth](http://theurologyfoundation.org/urologyhealth)

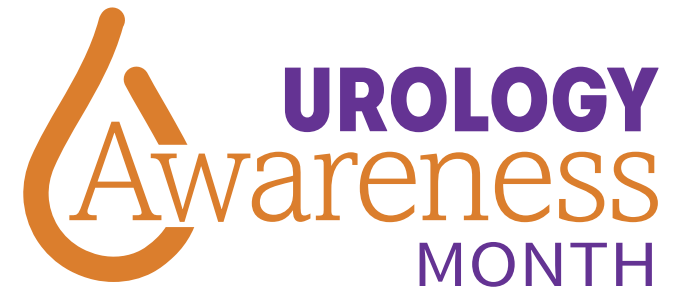


Leading the fight against urology disease

The Urology Foundation is committed to transforming the lives of people with a urology condition through ground-breaking research, training and education. Working with researchers, urologists and nurses we are dedicated to improving the nation's urology care so that fewer lives are devastated.

-  [theurologyfoundation.org](http://theurologyfoundation.org)
-  [@TUF\\_Tweets](https://twitter.com/TUF_Tweets)
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**Knowing the signs of TESTICULAR CANCER**

A little TUF guide on urology health



# Every hour 7 people are diagnosed with a urology cancer.

Although it is not very common, younger men are at more risk of testicular cancer and it is the most common cancer amongst men aged 15-49. 1 in 195 men will be diagnosed with testicular cancer during their lifetime.

There are over 2,000 new cases of testicular cancer every year. Abnormality in the testicles should be reported immediately to your GP as it may or may not be related to testicular cancer or a urological condition.

Early diagnosis is critical as if caught early, testicular cancer is around 98 per cent curable. Knowing the signs to spot and when to seek medical attention will make a real difference.

This leaflet contains information about:

- Testicular cancer
- Signs and symptoms
- When to seek medical attention

## Testicular cancer

Cancer of the testes is relatively rare in the UK. About 6 men are diagnosed each day and, provided it is found early, testicular cancer is almost always curable. Testicular cancer is most common in young and middle-aged men.

### WHO IS AT RISK?

Testicular cancer is not linked to any preventable risk factors, but you are at increased risk of the disease if you have:

- **Undescended testicles (cryptorchidism)**  
Men who had cryptorchidism as a child have a higher chance of getting testicular cancer.
- **Family history**  
If you have a father or a brother who had the disease your risk of testicular cancer is slightly more than if you did not.
- **Previous testicular cancer**  
You are 12 times more likely to develop testicular cancer in the other testicle if you have been previously diagnosed. It is important you attend follow-up appointments so it can be caught early.

### KNOW THE SYMPTOMS

A lump or swelling in the testicle is the most common symptom.

- Although most testicular lumps and swellings are not cancerous you should not ignore them, make sure you see your doctor as soon as possible.

Other symptoms you may experience:

- An ache or pain in your testicles or scrotum, which may come and go
- Heavy feeling in your scrotum
- A sudden collection of fluid in your scrotum

Men are advised to perform testicular self-examination at least once a month. If you notice anything unusual about your testicles you should go and see your doctor.



# Support The Urology Foundation

The only charity dedicated to all urology disease in the UK and Ireland. Thanks to our generous supporters we have been able to fund the brightest and best researchers and projects that fight urology disease.

You too can join the growing number of TUF supporters in the UK. There are various ways to get involved – by donating, fundraising for us or getting involved in a TUF challenge.

Please find out more on our website:  
<http://www.theurologyfoundation.org/get-involved>

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