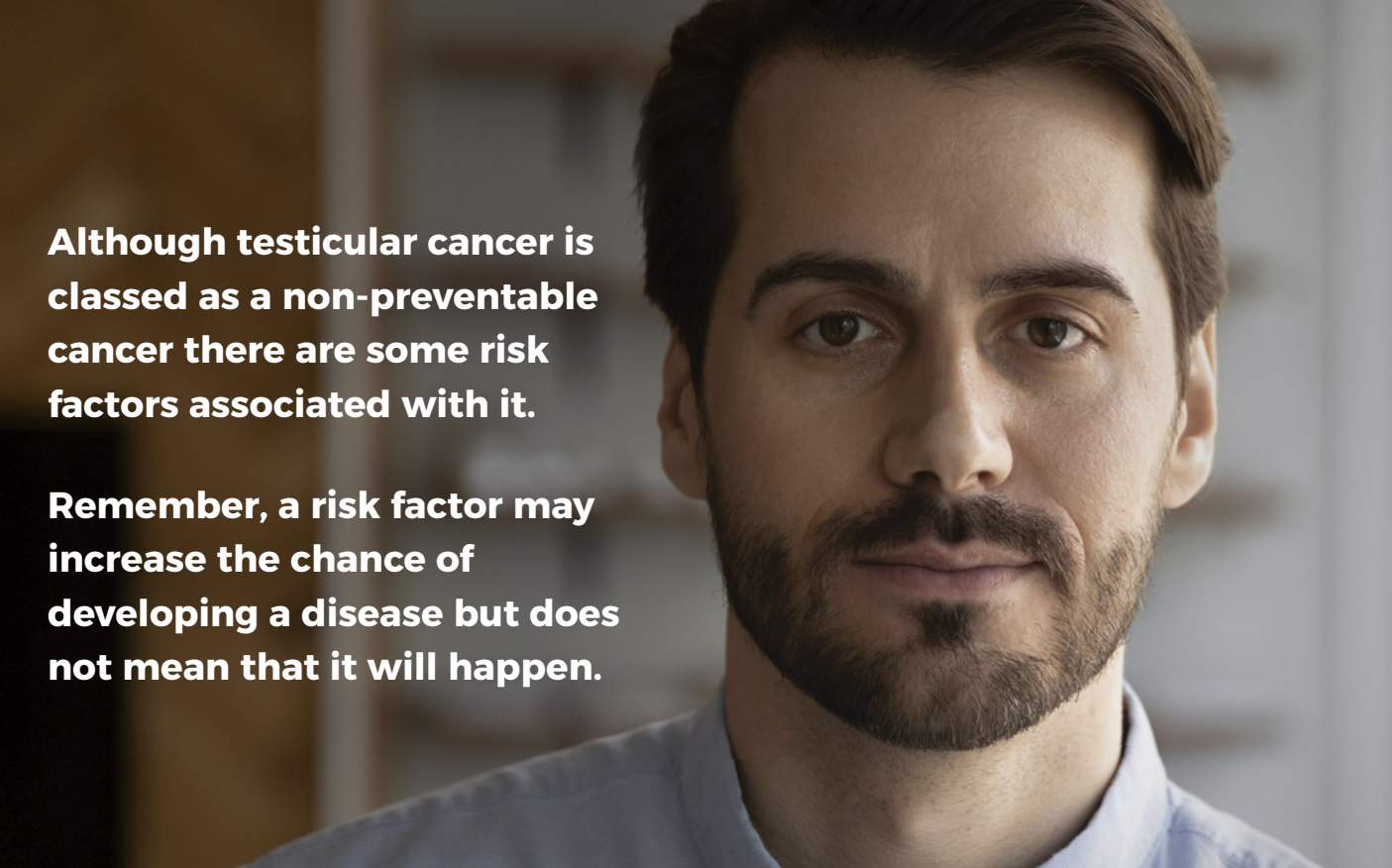


This factsheet is one of three. Download the [prostate and penile cancer factsheets](https://orchid-cancer.org.uk) at orchid-cancer.org.uk

Testicular cancer

Testicular cancer affects around 2,400 men every year but the majority of men diagnosed will be between the ages of 15 and 45.



Although testicular cancer is classed as a non-preventable cancer there are some risk factors associated with it.

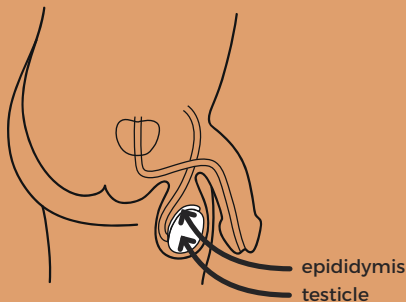
Remember, a risk factor may increase the chance of developing a disease but does not mean that it will happen.

Risk factors for testicular cancer

- **Men born with an undescended testicle (cryptorchidism), where the testicle fails to descend into the scrotum**
- **A brother or father with testicular cancer**

Signs and symptoms of testicular cancer

- A small, firm lump on the body of the testicle.
- Swelling, pain, discomfort or enlargement and hardness of the testicle.
- Rarely, unexplained breast or nipple tenderness (called gynaecomastia) caused by chemicals produced by certain types of testicular cancer.



Testicular Self Examination: the easiest way to identify any potential testicular problems

Examining your testicles for abnormalities only takes a few minutes to perform and allows men to get to know what is normal for them. It can be performed easily during a bath or shower.

- Place the scrotum in the palm of one hand and check each testicle separately using the fingers and thumb
- Roll each testicle between the thumb and forefinger to check that the surface is free of lumps or bumps
- Identify the sperm collecting tube (epididymis - see diagram), which may feel soft or spongy and lies behind the testicle.

One testicle is likely to be slightly larger or hang down slightly lower than the other. This is normal.

Get checked by a GP as soon as possible if you find anything unusual.

The likelihood is that it will not be testicular cancer. There are several non-cancerous conditions which can affect the testicles such as varicose veins, infection, fluid or cysts, and 96% of the time it will be one of these conditions – but cancer still needs to be ruled out.

A GP should be able to identify any problem by examining the testicles and if not they will organise a painless ultrasound scan.

Don't delay in seeking medical advice as in rare cases some types of testicular cancer can progress quickly.

There are over 58,000 new cases of male-specific cancers in the UK each year. Learn more about the signs, symptoms and risk factors at orchid-cancer.org.uk

Call the Orchid Confidential Male Cancer Helpline on 0808 802 0010

or email helpline@orchid-cancer.org.uk

Orchid is an award-winning charity dedicated to supporting the needs of those affected by male cancers.* We fund pioneering research, raise awareness and offer a range of support services to anyone affected by penile, testicular or prostate cancer.

* Trans women, non-binary people and some intersex people who were assigned male at birth may also be at risk of these cancers.



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