



## **Rugby legend calls on men to check the shape of their balls during Six Nations**

*Former Scottish National Rugby Union Number 8, Eric Peters, is calling on men to check themselves for any unusual testicular lumps and bumps, as new survey shows majority of rugby players, and men, are not regularly checking themselves.*

New research by Orchid – Fighting Male Cancer reveals that the vast majority of men who play rugby are still not doing it.

The survey shows that only 36.6% of Rugby players regularly check themselves, meaning that almost 2/3rds of men are not – which could be putting lives at risk.

The results of the survey are being released to coincide with the Six Nations and the campaign is being headed up by Scottish rugby legend, and testicular cancer survivor, Eric Peters, in an attempt to get more men self-checking for testicular cancer.

Eric was diagnosed with testicular cancer during rehabilitation for shattering his knee. Because Eric was not contact training at the time, he knew that the pain in his scrotum could not be from the normal training knocks and bumps. Eric went to get it checked out, was diagnosed with early stage testicular cancer and subsequently successfully treated for the disease – returning to play rugby for club and country.

Commenting, Eric said:

“The reality is that we need more men of all sports to be comfortable with holding more than just a rugby ball in their hands. I survived testicular cancer because I knew the importance of getting checked out at the earliest opportunity, and I caught mine in the early stages. Self-checking is quick and easy and it could mean you spot something early that saves your life. Whichever nation you’re supporting, we can all support beating cancer, and you can do your bit by checking yourself once a month.”

Testicular cancer will affect over 2,400 men this year and around 60 young men will die of the disease each year. It most commonly affects men between the ages of 15-45 and, if caught at an early stage, men can expect a high cure rate with 98% surviving a diagnosis. Monthly self-checking is therefore recommended as the best way to achieve early detection.

For more information on testicular cancer, visit: [www.yourprivates.org.uk](http://www.yourprivates.org.uk)

### **How to perform a testicular self check:**

1. Check the entire surface of each testicle separately, and carefully, using one or both hands
2. Roll each testicle between the thumb and forefinger to check that the surface is free of lumps or bumps. Do not squeeze!

3. Get to know your balls; their size, texture and anatomy. Identify the epididymis or sperm collecting tube, often mistaken for an abnormal lump that runs behind each testicle
4. Encourage your partner to have a go as he or she may be more likely to identify a problem in the future and get you to do something about it

If you feel a small pea-sized lump, or any abnormality on the testicle, you should go to your doctor and get it checked at the earliest opportunity.

**Watch Orchid's Testicular Self Check video here:** <https://youtu.be/I7QfH6w784Q>

### **TSE Infographic:**

## Testicular Self Examination (TSE)

This is the easiest way to identify any potential testicular problems. It only takes a few minutes to perform and gives you a good excuse for feeling your nads (like you need one!). It's best performed monthly after you have had a bath or shower when your scrotum will be warm, relaxed and pleasant to touch.

1. Check each testicle separately using one or both of your hands (**Figure 2**).
2. Roll each testicle between the thumb and forefinger to check that the surface is free of lumps or bumps. Do not squeeze!
3. Get to know your balls; their size, texture, anatomy, magnificence. Identify the epididymis or sperm collecting tube, often mistaken for an abnormal lump that runs behind each testicle (**Figure 3**).
4. Encourage your partner to have a go as he or she may be more likely to identify a problem in the future and get you to do something about it.

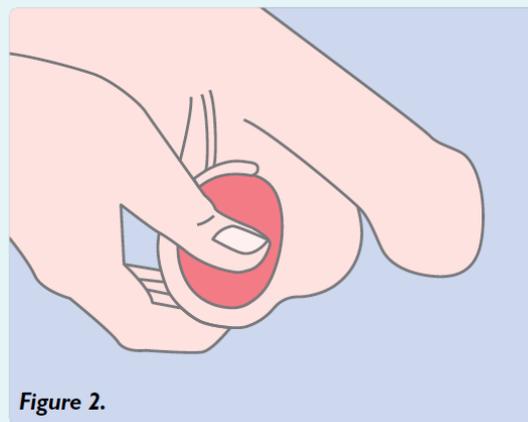


Figure 2.

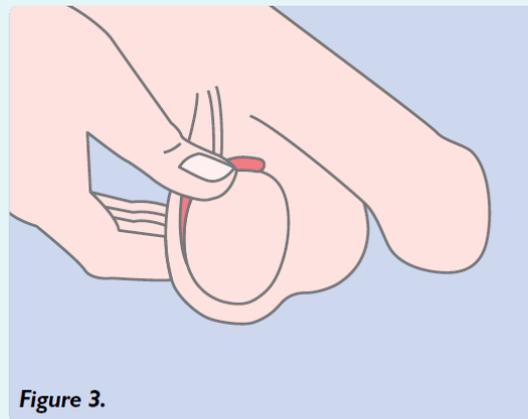


Figure 3.

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## **Notes to Editors**

### **Orchid – Fighting Male Cancer**

Orchid is the UK's leading registered charity focused exclusively on male-specific cancers. Formed in 1996 by a testicular cancer patient, Orchid exists to save men's lives from testicular, prostate, and penile cancers through pioneering research, the provision of specialist information and support, campaigns and raising awareness. For more information, please visit: [www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)

### **Help and Advice**

Those who have concerns relating to male specific cancers can seek specialist advice and support from a team of male cancer information nurse specialists every Monday and Wednesday from 10am-5pm on the freephone Orchid Male Cancer Helpline 0808 802 0010. The Nurse Specialists can also be contacted at [helpline@orchid-cancer.org.uk](mailto:helpline@orchid-cancer.org.uk)

### **Male Cancers**

Every year over 50,000 men in the UK will be diagnosed with prostate, testicular and penile cancer. Of these men over 47,300 will be diagnosed with prostate cancer, over 2,400 will be diagnosed with testicular cancer and 630 will be diagnosed with the rare penile cancer. Sadly, these numbers are increasing.

For more information on Orchid, or to speak to an expert, please contact:

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