

EMPLOYEE GUIDE

A guide to testicular cancer signs and self-care

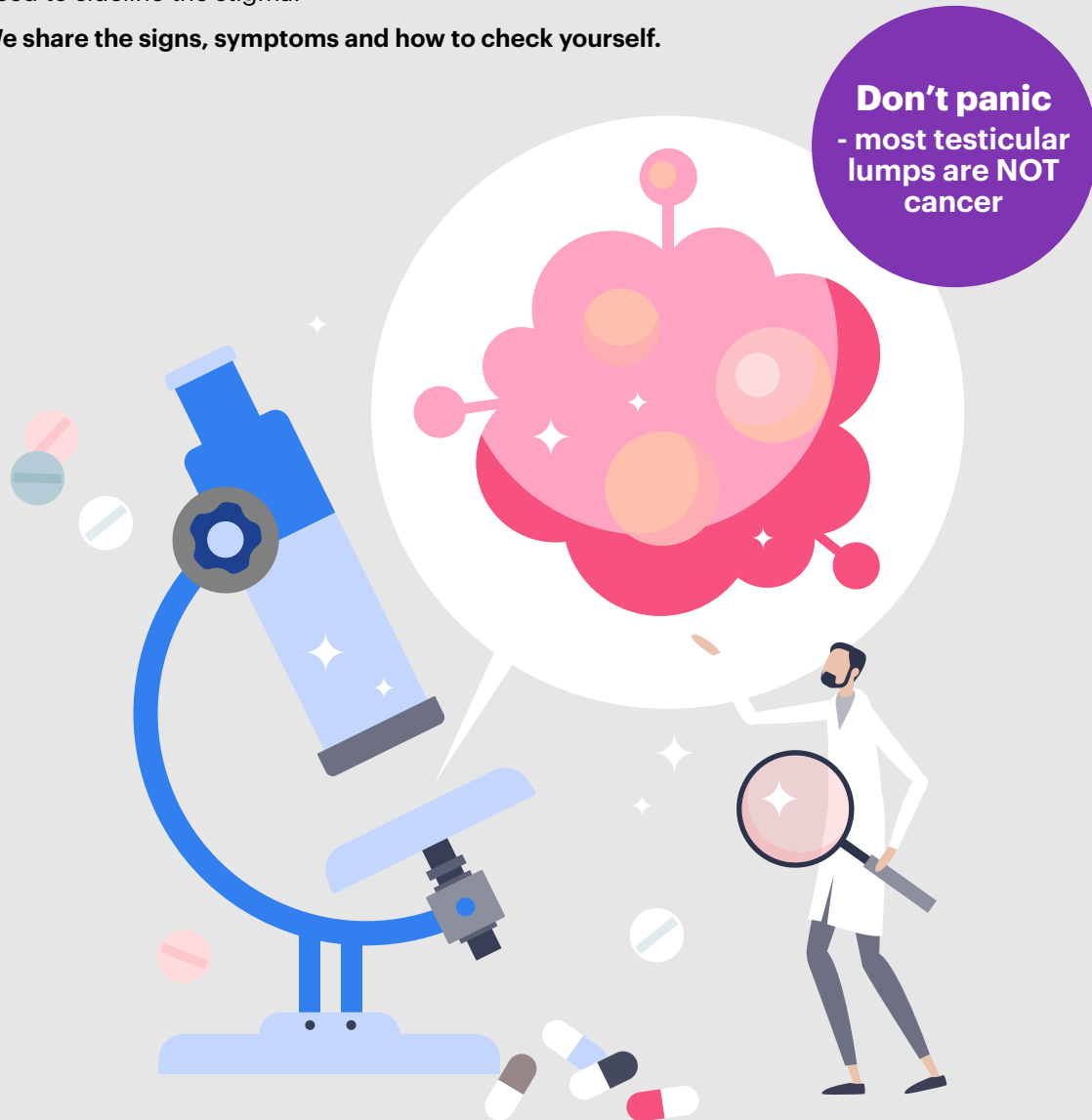


wtw

How common is testicular cancer

Although it is one of the least common cancers, there are around 2,400 diagnoses in the UK every year. But the good news is that it has a high survival rate. That's why early diagnosis and treatment is so important, and why we need to sideline the stigma.

We share the signs, symptoms and how to check yourself.



Size matters

Let's start by reassuring you testicles are usually different sizes and often one hangs lower than the other. This is totally normal.

But you should look out for **changes in size** or an **unusual or significant difference between one testicle and the other**.

The most common symptom of most testicular cancer cases is a noticeable **lump or swelling** in the testicle. The following could also be signs that something is not quite right:

- a lump in a part of one testicle – it could even be as small as a pea
- a testicle that gets bigger over time
- changes to the shape or texture
- a heavy, firmer or harder scrotum (the sack of skin that surrounds your testicles)
- discomfort or pain in your testicle or scrotum. Testicular cancer is not usually painful but some men experience a sharp pain in the testicle or scrotum as an early warning sign

These symptoms can be similar to other conditions that affect the testicles such as infections - but it is important to get them checked by a doctor if you have any concerns.

Don't be embarrassed. Doctors are used to discussing such intimate and sensitive problems every day.

There are around

2,400

testicular cancer diagnoses in the UK every year

Start self-examination early

From puberty, regular testicular self-examination could be a lifesaver. You will get to know what feels normal for you and yours - so you will be aware of big, small or subtle changes that may need attention.

There are

TWICE

as many cases of testicular cancer in Britain now than there were in the mid-70s

Trans and non-binary people

If you have testicles, you are at risk of testicular cancer. If you don't identify as a man but have testicles, you might find it unpleasant to check them. However, it is really important that you do. You may want to discuss your concerns with your GP, a gender identity clinic or a trans and non-binary friendly sexual health and well-being service.

You can find a local clinic on Tranzwiki.

[FIND OUT MORE](#)

It is most likely to affect those in the age band between

25 AND 40



Tips for testing

- 1 A normal testicle should feel smooth and firm, but not hard.
- 2 Check the testicles during or after a warm bath or shower when the scrotal skin is relaxed.
- 3 Hold the scrotum in the palm of your hand then examine each testicle thoroughly with fingers and thumb.
- 4 You should feel for:
 - lumps or swellings
 - anything unusual such as increased size or pain
 - change in shape or texture of testicles
 - differences between the two testicles

Read more details here about how to check thoroughly.

[FIND OUT MORE](#)

WHITE MEN

have a higher risk of testicular cancer than other ethnic groups



The risk factors

Despite years of research, testicular cancer risk factors have not been clearly identified.

As with all cancers, smoking, diet, genetics, family history and environmental or lifestyle factors can all impact on your propensity to develop the illness.

However, testicular cancer can be linked to the following risk factors:

- Having undescended testicles
- GCNIS (Germ cell neoplasia in situ) develops into cancer within 5 years in about 50% of the men who have it, if left untreated
- Brothers or sons of men who have had testicular cancer are at an increased risk
- If you have already had testicular cancer, you have an increased risk (12 to 18 times more likely) of developing cancer in the other testicle
- Men who are born with an abnormality of the penis and urethra (hypospadias) are more likely to develop testicular cancer
- People with HIV or AIDS have an increased risk

Men with a brother who had testicular cancer are around

8 TO 9

times more likely to develop it

Men whose father had testicular cancer are around

4 TO 5

times more likely to develop it



When testicles become testing

If your GP has any concerns, they will refer you for one or more of the following tests with a urologist:

- Blood tests – to check for proteins called tumour markers which can diagnose testicular cancer and monitor ongoing treatment effectiveness
- MRI, CT or ultrasound scans

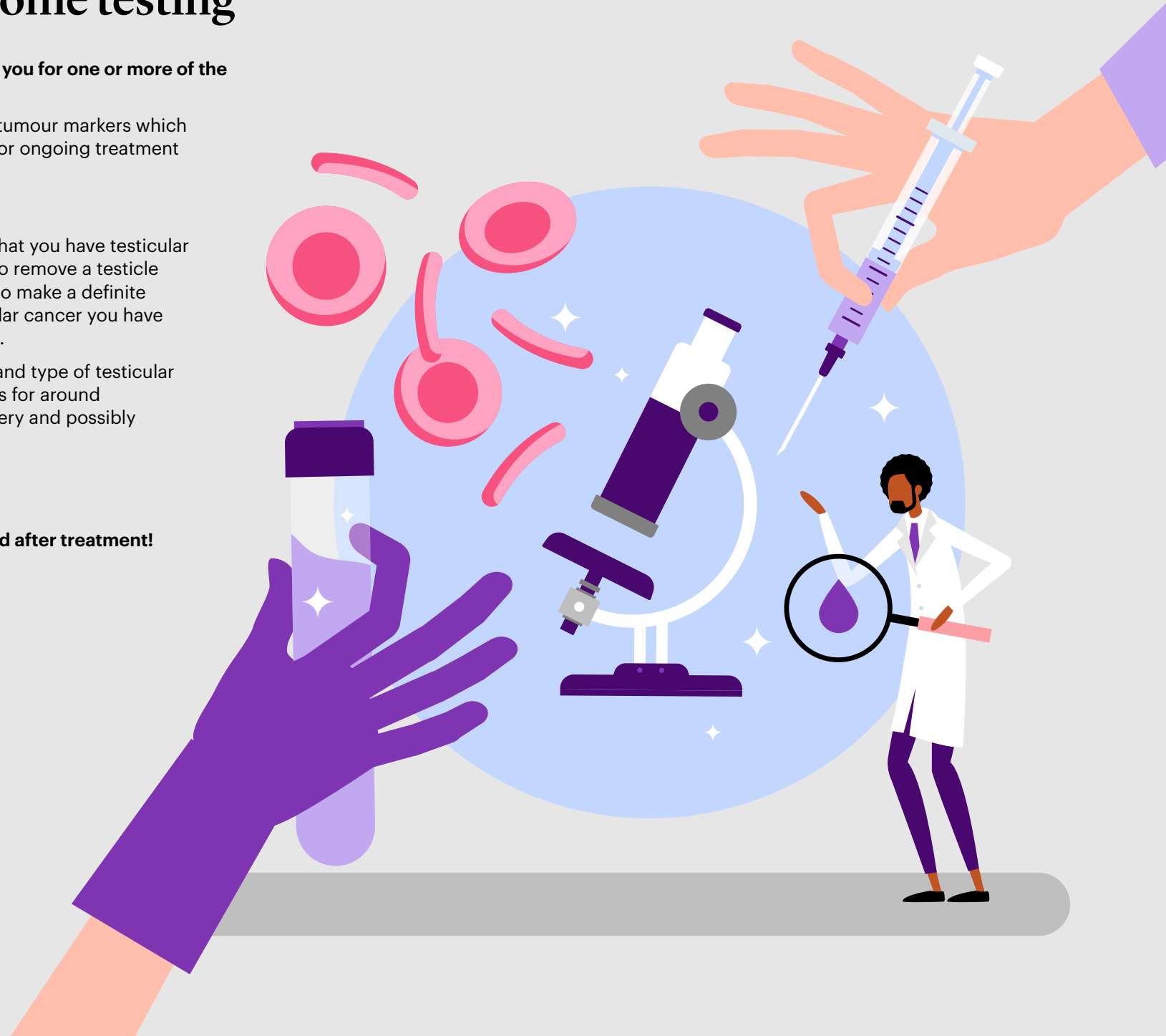
If any of these tests indicate that it is likely that you have testicular cancer, you will need to have an operation to remove a testicle (an orchidectomy or orchiectomy) in order to make a definite diagnosis or to find out what type of testicular cancer you have and if it has spread to lymph nodes or lungs.

The treatment plan depends on your stage and type of testicular cancer (germ cell testicular cancer accounts for around 95% of cases) but you will usually have surgery and possibly chemotherapy or radiotherapy.

[FIND OUT MORE](#)

Remember – most testicular cancer is cured after treatment!

Over
98%
of testicular cancer
in the UK is cured



Surgery scars

Many people are home the same day after surgery. But the mental 'scars' may run deep.

So, let's be blunt about the most common concerns.

Removing one testicle won't affect your ability to get an erection and shouldn't affect your ability to have children. But sometimes your fertility may be reduced so talk to your doctor if having children is important to you before you have surgery. Your GP will usually recommend sperm banking.

Removing both testicles is very rare. But it will impact your fertility and sex drive. Sperm banking should be considered if kids are in your life plan. To maintain your mojo and be able to get and maintain an erection, you will need testosterone replacement therapy.

Help is on hand

MACMILLAN CANCER SUPPORT

If you need extra support and advice, The Macmillan Support Line is open 7 days a week between 8am-8pm on **0808 808 00 00**

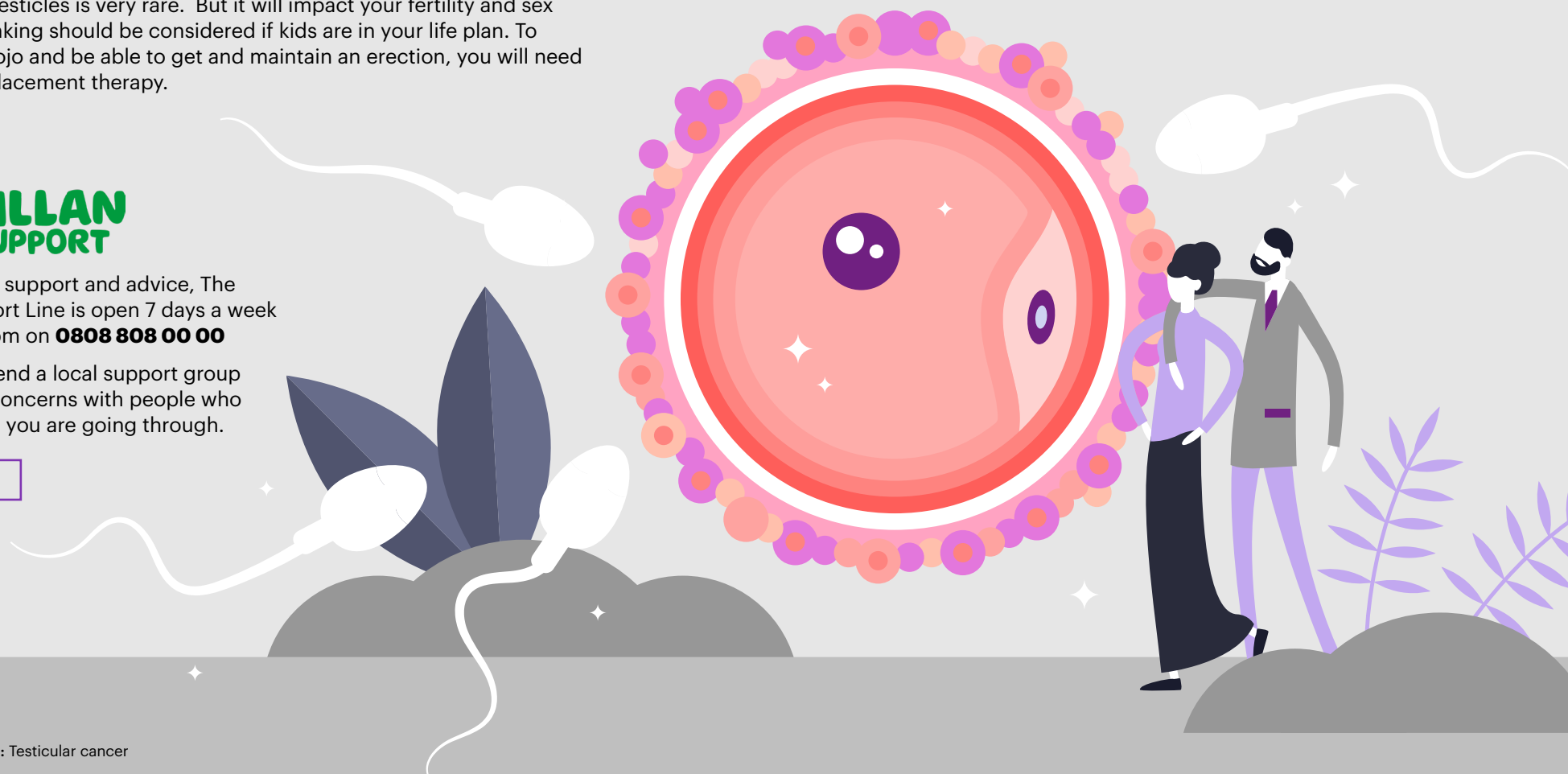
Or you could attend a local support group to discuss your concerns with people who understand what you are going through.

[FIND OUT MORE](#)

There are around

65%

testicular cancer deaths
in the UK every year





WTW

Some of the information in this publication may be compiled from third party sources we consider to be reliable, however we do not guarantee and are not responsible for the accuracy of such. The views expressed are not necessarily those of WTW. Copyright WTW 2023. All rights reserved.



[wtwco.com/social-media](https://www.wtwco.com/social-media)

0800 4880 989

enquirieshealthbenefits@willistowerswatson.com
[wtw-healthandbenefits.co.uk](https://www.wtw-healthandbenefits.co.uk)

WTW, The Courtyard, Hall Lane,
Wincham, Northwich, Cheshire CW9 6DG

[wtwco.com](https://www.wtwco.com)

