



## What is Cancer?

The body is made up from millions of cells that are constantly dying and being replaced. Normally, cells divide in an orderly and controlled way. Cancer occurs when a cell divides and multiplies too rapidly. This produces a lump of abnormal cells known as a tumour. Tumours are either benign (non-cancerous) or malignant (cancerous). There are 200 different types of cancer and early detection can greatly increase the chances for successful treatment.

## Testicular Cancer Early Detection

Testicular cancer is the most common cancer in men aged between **15 and 45 years**.



There are approximately **60 men diagnosed** with testicular cancer per year in Northern Ireland.

## What is testicular cancer?

**Testicular cancer is a growth or tumour which appears in one of the testicles (which are commonly known as 'balls').**

**The testicles are the male reproductive organs contained within a bag of skin called the scrotum which hangs below the penis.**



## What causes testicular cancer?

We don't yet know what causes testicular cancer but we do know that men who were born with an undescended or partly descended testicle are more likely to develop testicular cancer. Your risk is also increased if you are a white male and if there is a history of testicular cancer in the family.

## Is testicular cancer curable?

Yes, if diagnosed at an early stage, testicular cancer can be easily treated and is nearly always curable. More than 50% of men consult their doctors after the cancer has started to spread making it more difficult to treat successfully.

A simple regular check – testicular self examination (TSE) – could help you to detect the early signs of the disease.

## What is TSE?

TSE involves the routine examination of the testicles. It will help you to know what is normal for you and enable you to detect any changes early on.

It should be performed regularly, at least once a month, ideally in a bath or shower when the muscle in the scrotal sac is more relaxed. If you have a partner you should ask them to help with the examination.

## How to carry out TSE

- Support the testicles and scrotum in the palm of the hand. It is common to have one testicle slightly larger than the other, or which hangs lower than the other.
- If one feels heavier than the other this could indicate something is wrong.
- Gently examine each testicle in turn. Using both hands, roll each testicle between the thumb and fingers.
- You should feel a soft tube at the top and back of the testicle. This irregular sausage-like structure is called the epididymis which stores and transports sperm. This is often confused as something abnormal however, it is a normal part of a man's anatomy.
- Feel the testicle itself – it should be smooth with no lumps or swellings.

## ✓ Check for:

- Small lumps or hardness
- Swelling
- Tenderness
- A sensation of dragging or heaviness in the scrotum
- A dull ache in the lower abdomen or groin

## What if I notice a change?

Most lumps are benign (non cancerous) but a few will be cancerous and should be treated immediately. Only a doctor can tell you which should be investigated further.

## What if it is cancer?

If an abnormality is found you may be referred for further investigation. If these tests show that it is cancer the affected testicle may be removed or other treatments recommended.

## Health Promotion Sessions

Action Cancer provides men's health promotion sessions to educate men on how a healthy lifestyle can help prevent cancer and how early detection through regular self examination can save lives.

If you would like to book a male health promotion session, contact health promotion on 028 9080 3344 or email [healthpromotion@actioncancer.org](mailto:healthpromotion@actioncancer.org)

## Action Cancer also provides...

### Early Detection

A breast screening service is available onboard the Big Bus and in Action Cancer House in Belfast. Health checks are also available onboard the Big Bus.

### Support Services

Complementary therapy, Counselling and the Listening Ear Service are available for those closely affected by cancer in order to enhance quality of life.

### Education

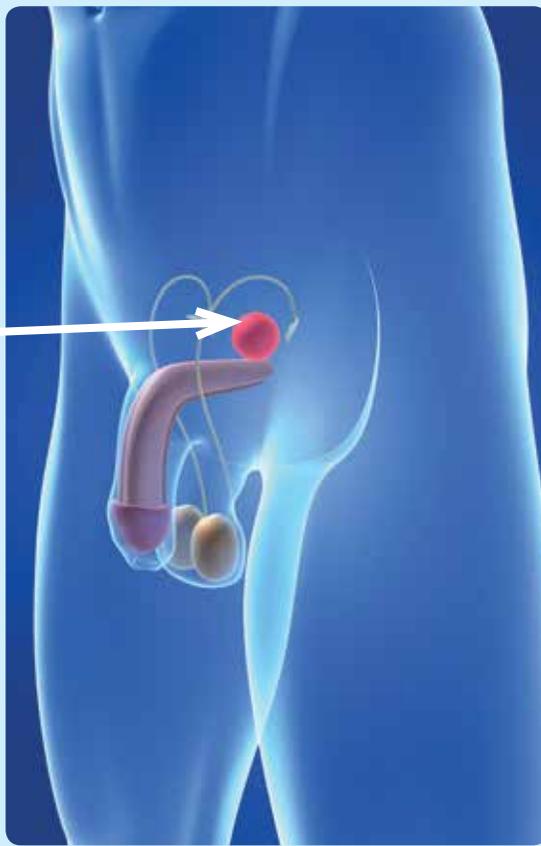
Information on our website and leaflets on cancer prevention and early detection. Our health promotion team delivers talks to schools, workplaces and groups across Northern Ireland.

**Action Cancer is Northern Ireland's leading local cancer charity. All of the services we provide are confidential. We depend heavily on public and business donations to keep our services going.**

# Prostate cancer

## What is the prostate?

The prostate is a gland found at the base of the bladder wrapped around the tube (called the urethra) which carries urine out of the penis. It is about the size of a golf ball and its job is to produce fluid which carries sperm.



## The Symptoms

The prostate tends to grow larger with age and because of its position can cause problems with urination. An enlarged prostate, known as Benign (non cancerous) Prostatic Hyperplasia, can usually be dealt with by medication or surgery.

The symptoms for prostate cancer can be similar to those found in men suffering from an enlarged prostate (see checklist) but for most men there are no symptoms. Therefore, it is important that you discuss any symptoms you have with your doctor.

Your doctor may recommend a blood test known as PSA (Prostate Specific Antigen). Higher levels MAY be associated with prostate cancer.

## Can prostate cancer be treated?

Prostate cancer is now easier to detect and treat but it is important that men come forward as early as possible.

# Prostate Cancer Facts:

**Fact**

Prostate cancer is the third most common cause of cancer death in men accounting for over **200 deaths per year** in Northern Ireland.

**Fact**

In recent years there has been an increase in the number of cases in young men. **Over 900 new cases** of prostate cancer are detected in Northern Ireland each year.

**Fact**

Prostate cancer responds well to treatment and may be cured when localized.

**Fact**

For many men there are no symptoms to alert them to prostate cancer, therefore it is vital for men to be aware of issues around prostate health. It's important to note that the majority of prostate problems are not cancer.

## ✓ Check for:

Ask yourself the following questions:

- Do you sometimes pass urine when you don't expect to?
- Do you pass urine three or more times during the night?
- Are you bursting to go and then find you barely produce a trickle?
- Do you strain to pass urine, or does it take a long time to start?
- When you pass urine are you always stopping and starting?
- Do you have any discomfort such as pain or a burning sensation when you pass urine?
- Does your bladder feel full after you've finished?
- Is there any dribbling after you've stopped?
- Have you ever seen blood in your urine?



## Get a Grip! Early detection could save your life

If the answer is **yes** to any of these questions your prostate may be playing up. We would recommend you see your GP immediately to determine whether these symptoms are due to an enlarged prostate or prostate cancer.



## Rapid diagnosis could save your life!

## Information Helpline

Action Cancer has introduced an information helpline specifically to answer your questions or concerns on testicular or prostate cancer.

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