

Gentlemen, know thy nuts (to check for Testicular Cancer)



“Testicular cancer is not very common. It affects men peaking between the ages of 20 and 40 years old. For reasons not yet known, that number is on the rise — but it’s still considered a rare cancer. When caught early it is usually confined to the testicle, but can spread to other parts of the body as well.

Go ahead, give ’em a feel

Many men discover Testicular Cancer because they notice something is different about their testicles.

“We know that men might be down there for other reasons,” Dr. Vesprini says. “Next time you are, feel your testicles for a painless mass.” Actually, he says, you should do a self-exam each month. You might want to do this self-test after a warm shower. This helps “get you in the mood”, they say (actually, it relaxes your scrotum).

Do this one at a time:

1. Use both hands to hold your testicle between your fingers and thumbs.
2. Look and feel for any lumps, bumps, hardness, or irregularities on the skin or inside your testicle. Your testicle should feel firm and sensitive, but not painful.

Testicular Cancer doesn’t necessarily cause pain in the testicles – that’s why feeling for a hard lump or bump and looking for changes is the best way to find this kind of cancer early.

If you do feel something suspicious or different, make an appointment with your family doctor.

Testicular Cancer is a highly treatable cancer. Most often it is treated by removing the cancerous testicle and sparing the other. Most men do not require chemotherapy or radiation, though some do (to stop the cancer if it is spreading).