

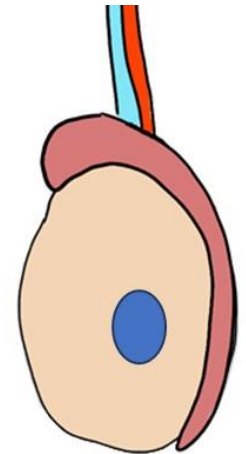
Information for Parents and Carers about testicular cancer and self-examination for lumps

Testicular cancer is not very common: around 1 in 12000 males are diagnosed with testicular cancer each year in the UK. Along with lumps due to testicular cancer, there are a number of other testicular abnormalities that are worth getting medical advice about, though, so it is important to learn self-examination from a young age. (More information on these other testicular problems can be found in [this section](https://www.testicularhealth.info/) of our testicular health website <https://www.testicularhealth.info/>.)

What is testicular cancer and why does it happen?

Testicular cancer represents only 1% of all cancers in men overall. However, it is the most common cancer to occur in males aged between 15 and middle age, so it is important for all boys to learn how to check the health of their testicles.

The cancer usually forms from errors in the cells that normally make sperm. It is more common in white men and in people who have had either an undescended testicle, a family history of testicular cancer, or a previous cancer in the other testicle. The rate of testicular cancer in the population is increasing but the reason for this is still unclear.



What should be done about it?

It's important for boys and young men to check their testes regularly (at least once a month) so that they can recognise the normal unevenness of the epididymis at the back of the testis and distinguish this from an actual lump on or in the testis itself. [Checking the testes each time they are washed is an easy, non-scary way of making sure it's done regularly.](#)

How can a person check themselves for testicular cancer?

There is a very [helpful video](#), [designed by doctors, in the education section of this website](#) to help you and your son(s) learn more about how to check testes for lumps. There's also a printable version of this information on the website.

Potential signs of testicular cancer are:

- A small, hard lump in or on the testis
- A change in size, shape or heaviness of one testis
- Enlargement of the scrotum



How worried should we be if we do find one of these signs?

Some lumps and swellings *aren't* caused by cancer, but it's wise to get any unexpected changes checked out by a doctor early, as [early identification of testicular cancer](#) and [rapid treatment](#) almost always result in a [complete cure](#).

