

Testicular Cancer - Key Messages and Talking Points

- Testicular cancer is the most commonly diagnosed cancer in New Zealand teens and young men, typically between the ages of 15 and 44 but can occur at any age.
- 188ⁱ men (on average) are diagnosed with testicular cancer each year and 7 will die from the disease.
- Testicular cancer occurs when abnormal cells develop in the testes, usually only affecting one testicle, but sometimes both.
- Because it occurs mostly in younger men, testicular cancer casts a long shadow especially with the potential impact on fertility.
- The good news is that testicular cancer is very treatable when caught early.
- The earlier the cancer is found and treated the better a man's chance for complete recovery and the easier the treatment protocol.
- Testicular cancer may not cause symptoms in the early stages but could include a painless lump, swelling, or change in shape or size of a testicle. Please note, these symptoms can be caused by non-cancerous medical conditions.
- Guys, detection is in your hands. Get into a regular habit of checking the fellas and if you're suspicious of anything out of the ordinary going on down there get it checked out. *Do not* wait for it to go away!
- And have that conversation with your mates, remind them to make a date with their testicles. No conversation is too difficult to tackle when it comes to your health.
- Medical Advisor to Testicular Cancer NZ, Consultant Urologist Dr Andrew Williams says, "Testicular Cancer is one of the most treatable forms of cancer if detected early, with a survival rate of 95%, making checking for symptoms on a monthly basis an important part of awareness and education around the disease".
- For more information and self-check guides visit www.testicular.org.nz
- 'How to check your testicles' video guide <https://testicular.org.nz/checking-your-balls/>
- Contact our Testicular Cancer Information Service **0800 66 0800** infoservice@testicular.org.nz
- April is International Testicular Cancer Awareness month.

Testicular Cancer NZ operates under the auspices of Prostate Cancer Foundation NZ, who provides vital support, education and information to individuals, their families and whānau across Aotearoa New Zealand affected by testicular or prostate cancer.

ⁱ 3-yr average 2020-2022. Te Whatu Ora. Cancer Web Tool.
<https://tewhatuora.shinyapps.io/cancer-web-tool/>

