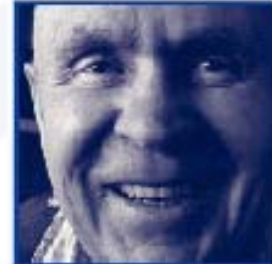




Incidence of the uniquely male cancers; prostate, penile and testicular, is growing yet still too little is known about these diseases which can affect any man; fathers, sons, brothers, and grandfathers.



Orchid funds world-class medical research into the causes, diagnosis and treatment of the male cancers and promotes awareness about them. Through **CHECKED OUT** we hope you will:

- **Check out male cancer**
- **Check for signs associated with male cancer**
- **Get checked out by a GP if worried**

#### **CHECK OUT MALE CANCER**

It is important to know the facts and risks associated with the male cancers.

- **Testicular cancer is the most common form of cancer in men aged between 15 and 44.**
- **2,000 new cases are diagnosed every year in the UK - since 1975, the incidence of testicular cancer has more than doubled.**
- **Testicular cancer causes around 70 deaths every year in the UK.**

#### **Risk factors associated with testicular cancer:**

**Age** - Testicular cancer is diagnosed more frequently in young men; those aged 18-32 are most at risk. Undescended testis at birth is a significant risk factor - this condition may increase the risk of testicular cancer by five to ten times.

**Family history** - having a father or brother who has had testicular cancer increases the risk of getting the disease. If you have a brother affected with testicular cancer you are up to ten times more likely to also get the disease than a man without any family history.

**Previous testicular cancer** - having had testicular cancer before increases the risk of developing cancer in the other testicle. However, cancer in both testicles is extremely rare.

- **Prostate cancer is the most common cancer in men in the UK**
- **35,000 new cases are diagnosed each year, with 10,000 deaths each year this equates to one man dying every hour.**

#### **Risk factors associated with prostate cancer:**

**Age** - most men diagnosed with prostate cancer are over the age of 50, however younger men can be affected, but this is less common.

**Family history** - having a father or brother who has been diagnosed with prostate cancer increases risk.

**Ethnicity** - African Caribbean men are three times more likely to be diagnosed with prostate cancer than white men. Diet and genes may play an important part.

**Diet** - typical western diet high in saturated animal fats and red meat may be responsible for the higher rates of prostate cancer seen in Western countries.

- **Penile cancer** affects around **400** men each year; sadly one in four patients do not survive.

#### **Risk factors associated with penile cancer:**

**Age** – most often diagnosed in men over the age of 60.

**Poor hygiene** – penile cancer is much less common in men who have been circumcised.

**STD** – exposure to the human papilloma virus increases the risk of developing penile cancer; practising safe sex is thought to reduce the risk.

#### **CHECK FOR SIGNS OF MALE CANCER**

In checking for signs of male cancer it is important to know your body; get to know what feels normal and watch out for any changes – it could save your life.

For testicular cancer you should examine yourself once a month for any changes to size, shape or weight of testicles; this is best done after a warm bath or shower.

Prostate cancer in its early stage does not cause symptoms but when they do appear may include urgency and frequency in passing urine. Other symptoms to be aware of are blood in urine or semen and or pain or stiffness in the back, hips and pelvis. Many men have difficulties passing urine as they get older and do not have prostate cancer if in doubt, get checked out.

The most common symptom of penile cancer is a growth or sore on the penis. There may also be discharge or bleeding.

#### **GET CHECKED OUT BY A GP**

Many men are reluctant to seek medical advice – this may be due to embarrassment, apathy or even fear. A visit to the doctor may be reassuring, however if cancer is suspected it is important to remember that male-specific cancers are easier to treat if diagnosed early. If caught early treatment for testicular cancer is successful in over 98% of cases.

With early diagnosis and treatment at least 70% of prostate cancer patients will survive for more than 10 years.

For more information about **CHECKED OUT** or to get detailed information about prostate, penile or testicular cancer and advice on getting help visit: [www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)

**Orchid exists to save men's lives from testicular, prostate and penile cancers through pioneering research and promoting awareness.**

**Orchid**

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