



Debunking the myths of testicular cancer

What is testicular cancer?

Testicular cancer is when cancer develops in the **cells of a testicle**, the male reproductive glands located in the scrotum. While testicular cancer is relatively rare compared to other cancers, it is the most common cancer in **males aged 15 to 35**. The prognosis for testicular cancer is generally very good, especially when detected early. Even in more advanced cases, where the cancer may have spread beyond the testicle, **the cure rate (96%) is very high**, with treatment options like chemotherapy being very effective.

What symptoms should I look out for?

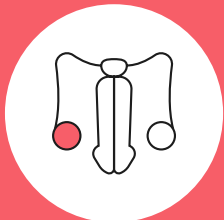
Common symptoms of testicular cancer include:

- A lump or swelling in one testicle
- A feeling of heaviness or aching in the lower abdomen or scrotum
- Pain or discomfort in a testicle or the scrotum
- Enlargement or tenderness of the breasts (gynecomastia) due to hormonal changes
- Back pain or a dull ache in the groin, which can indicate that the cancer has spread

The myths of testicular cancer

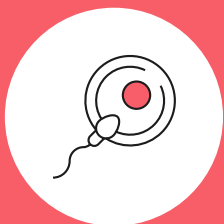
Despite testicular cancer being a relatively common cancer in young males, there are still a lot of myths surrounding the condition.

These include:



Only one testicle can be affected

Although testicular cancer usually occurs in only one testicle, it **can affect both testicles**, either simultaneously or at different times. However, this is very rare.



Fertility is always lost after treatment

While some treatments for testicular cancer can affect fertility, many men are still **able to father children** after treatment. Sperm banking before treatment is an option for men concerned about fertility.



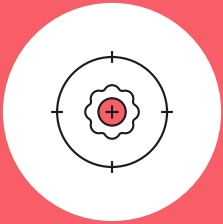
Testicular cancer only affects older men

Testicular cancer is most common in younger men, particularly those between the ages of **15 and 35**. However, it can occur at any age, so all men should be aware of the symptoms. Overall testicular cancer affects **1 out of every 263 men**.



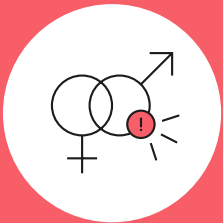
Testicular cancer is always painful

Many cases of testicular cancer are painless. A lump or swelling in the testicle is often the first sign, and it may not cause any discomfort. This is why regular self-examinations are crucial.



Testicular cancer can spread through sexual activity

Cancer is **not contagious** and cannot be spread through sexual contact or any other type of physical interaction. Testicular cancer develops from the cells within the testicle itself.



Your sex life will suffer if you get testicular cancer

Most people can enjoy sex to the same extent they did before treatment. Only the testicle with cancer is removed during treatment. The remaining testicle often makes **enough testosterone** to maintain your sex drive and normal erections.



Dispelling these myths is important for **raising awareness** and **encouraging early detection**, which significantly improves outcomes for those with testicular cancer.

Contact **HealthHero** today for more support and advice. We're with you every step of the way.