

# The Moustache Season !

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## November 2019- Testicular cancer

If you feel a lump, pain or swelling in your testicles, you may wonder what's going on. This could be caused by a number of things, and cancer is one of them. Testicular cancer is rare in general, but it is the most common cancer in males aged 15 to 34 years old. Get an appointment with your doctor if you feel anything new, abnormal or painful in that area. He can do an exam and give you various kinds of tests to find out what it is. Sometimes, a testicle may not have a lump but could be swollen or enlarged. However, it's normal for one of your testicles to be larger than the other. Talk to your doctor if you have any questions about your exam. Sometimes testicular cancer can cause a heavy feeling or ache in your scrotum or lower belly. You might also have sudden buildup of fluid in your scrotum. In boys, it might cause more male sex hormones than normal to be made. Watch for early signs of puberty, such as the growth of facial hair or a deepening of the voice, in a younger boy.

References: <https://www.webmd.com/cancer/do-i-have-testicular-cancer#2>



For unknown reasons, the number of testicular cancer cases has increased for the past 40 years. However, the rate of increase has slowed down recently. Death rates also slowly declined from 1990 to 2014. It is estimated that about 410 deaths from this disease will occur this year. These deaths are either from cancer that spread from the testicles to other parts of the body and could not be effectively treated with chemotherapy, radiation therapy, and/or surgery or from complications from treatment. The 5-year survival rate tells you what percent of men live at least 5 years after the cancer is found. Percent means how many out of 100. The general 5-year survival rate for men with testicular cancer is 95%. This means that 95 men out of every 100 men diagnosed with testicular cancer will live at least 5 years after diagnosis. The survival rate is higher for men diagnosed with early-stage cancer and lower for men with later-stage cancer. For men with cancer that has not spread beyond the testicles (Stage 1; see Stages), the survival rate is 99%. Approximately 68% of men are diagnosed at this stage.

References: <https://www.cancer.net/cancer-types/testicular-cancer/symptoms-and-signs>

### How common is testicular cancer?

Testicular cancer is a relatively rare type of cancer, accounting for just 1% of all cancers that occur in men. Around 2,300 men are diagnosed with testicular cancer each year in the UK. Testicular cancer is unusual compared with other cancers because it tends to affect younger men. Although it's relatively uncommon overall, testicular cancer is the most common type of cancer to affect men between the ages of 15 and 49. For reasons that are unclear, white men have a higher risk of developing testicular cancer than men from other ethnic groups. The number of cases of testicular cancer diagnosed each year in the UK has roughly doubled since the mid-1970s. Again, the reasons for this are unclear.

## Reducing your risk of testicular cancer

Testicular cancer is not a common cancer, but it is the most **commonly diagnosed** cancer after skin cancer in men aged 18–39. In most cases, treatment for testicular cancer will lead to remission or cure. The exact cause of testicular cancer is unknown. Any man can develop it, but it is more common in men who were born with an undescended or partially descended testicle or testicles. The risk is higher if you have a relative who has had testicular cancer, or if you have a personal history of the disease. Being hit in the testicles and wearing tight underwear don't cause testicular cancer.

### Finding testicular cancer early

Most cases of testicular cancer are found by accident by the men themselves. From puberty onwards, all men should examine their testicles to work out what feels normal for them.

Look for any of the following warning signs:

- a hard lump on the front or side of the testicle
- a change in the size or shape of the testicle
- pain or discomfort in the testicle, scrotum or lower abdomen
- an unusual difference between the testicles, e.g. in size
- a heavy or dragging feeling in the scrotum.

*Having any of these symptoms doesn't mean you have testicular cancer. See your doctor if you are concerned.*



# PROSTATE CANCER

Prostate cancer is the second most commonly occurring cancer in men and the fourth most commonly occurring cancer overall. There were 1.3 million new cases in 2018. The top 20 countries with the highest rates of prostate cancer in 2018 are given in the table below.

Age-adjusted incidence rates of prostate cancer have increased dramatically, and this is largely because of the increased availability of screening for prostate-specific antigen (PSA) in men without symptoms of the disease. This test leads to the detection of many prostate cancers that are small and/or would otherwise remain unrecognized, and which may or may not develop further into higher stage disease.

References: <https://www.wcrf.org/dietandcancer/cancer-trends/prostate-cancer-statistics>

## What is the Prostate?

The prostate is a small gland in the pelvis, found only in men. About the size of a satsuma, it's located between the penis and the bladder and surrounds the urethra. The main function of the prostate is to produce a thick white fluid that creates semen when mixed with the sperm produced by the testicles.

## Why does prostate cancer happen?

The causes of prostate cancer are largely unknown. However, certain things can increase your risk of developing the condition. The chances of developing prostate cancer increase as you get older. Most cases develop in men aged 50 or older. For reasons not yet understood, prostate cancer is more common in men of African- Caribbean or African descent, and less common in men of Asian descent. Men who have first-degree male relatives (such as a father or brother) affected by prostate cancer are also at a slightly increased risk.

## Tests for prostate cancer

There is no single test for prostate cancer. All the tests used to help diagnose the condition have benefits and risks, which your doctor should discuss with you. The most commonly used tests for prostate cancer are blood tests, a physical examination of your prostate (known as a digital rectal examination or DRE and a biopsy).



To date, no evidence proves that you can prevent prostate cancer. But a few simple things may help lower your odds.

### Healthy Food

Choose whole-grain bread, pasta, and cereals over refined grain products. Cut back on red meats, especially processed meats such as hot dogs, bologna, and certain lunch meats. Eat at least 2½ cups of fruits and vegetables each day.

Antioxidants in foods, especially in fruits and vegetables, help prevent damage to the DNA in the body's cells. Such damage has been linked to cancer. Lycopene is an antioxidant that has been thought to lower the risk of prostate cancer. It can be found in foods such as Tomatoes -- both raw and cooked - Pink and red grapefruit - Watermelon - Guava - Papaya.

Prostate cancer is the most common cancer in men in the UK, with over 40,000 new cases diagnosed every year.

References: <https://www.webmd.com/prostate-cancer/-guide/understanding-prostate-cancer-prevention#1>

## Watchful waiting

Watchful waiting is often recommended for older men when it is unlikely that cancer will affect your natural life span. If the cancer is in its early stages and not causing symptoms, you may decide to delay treatment, and wait to see if any symptoms of progressive cancer develop. If this happens, pain medication and hormone medication (see below) to control prostate cancer are usually used. Watchful waiting may also be recommended for people with a higher risk of prostate cancer if: your general health means you are unable to receive any form of treatment your life expectancy means you will die with cancer rather than from it. In this case, hormone treatment may be started if there are symptoms caused by prostate cancer.

References: <https://www.nhs.uk/conditions/prostate-cancer/>