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તમારી તબિયત

Your Health

Men's Health #002

Testicular cancer

Featuring
Mr Rajesh Kavia
Consultant Urological Surgeon



Mr Rajesh Kavia



Consultant Urological Surgeon
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He is a Consultant Urological Surgeon currently working in the Northwest London region with over 20 years of experience. He is a highly qualified doctor graduated from Imperial College London (University of London) in 1999. He then underwent his medical training at the Charing Cross & Westminster Medical School, prior to starting out on his research journey at the National Hospital for Neurology and Neurosurgery.

With one of his special interests being kidney stones, he has kindly supervised this month's issue.

This is a condition typically found in young men aged of 15 – 40 years. It is the most common cancer in this age group.

Early diagnosis is essential and this can be achieved by self examination.

Unfortunately, 62% of men do not know how to exam themselves. You can learn how to do so via the Macmillan cancer support website on the

[‘How to check for testicular cancer’](#) page. (click link to go to the page)

If a lump is felt, this should be reported to your doctor. They are usually painless.

You will then be invited to have a formal examination to assess whether this is a cancer or another cause. An urgent ultrasound scan will also be arranged.

Treatment

If the cancer is just in the testicles then the cure rates are very high >90%. This involves removing the testicle, called an orchidectomy, which can reduce fertility. Depending on what the cancer looks like under the microscope, patients may have chemotherapy or radiotherapy.

Even if a man has spread of the cancer to other parts of the body (metastasis) the cure rates can still be very high.

So don't shy away from feeling your testicles! You could save your life.

We hope this has helped!
Tame 100 varus na sukhi thav - May you live
happily to 100 years!

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Written by Dr Devan Thanki



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