

# Focus on Men's Health

## Cancer Awareness



Globally, men die on average five years earlier than women, and for reasons that are largely preventable.<sup>1</sup> Catching cancer early increases treatment options and chances of survival.

### Men's cancer facts

- Prostate cancer is the second most common type of cancer in men worldwide, with 1.4 million new cases reported in 2020<sup>2</sup>
- Around one in eight men will be diagnosed with prostate cancer<sup>3</sup>
- There are two main types of testicular cancer: germ cell tumors and stromal tumors; germ cell tumors account for about 95% of all testicular cancer cases<sup>4</sup>

### Risk factors for prostate cancer

There is no conclusive evidence regarding the causes of prostate cancer. However, those with a higher risk of developing prostate cancer include men who:

- Are over the age of 50<sup>5</sup>
- Are obese<sup>5</sup>
- Have a family history of the illness<sup>5</sup>

### Detecting prostate cancer

Prostate cancer usually develops slowly, so there may be no signs for many years.<sup>5</sup> Generally symptoms don't appear until the enlarged prostate affects bodily functions.<sup>5</sup> Symptoms may include:

- Constant feeling of needing to urinate<sup>1</sup>
- Straining while urinating<sup>1</sup>
- Blood in semen<sup>1</sup>
- Feeling of never fully emptying your bladder<sup>1</sup>

However, some symptoms can be caused by an enlarging of the prostate and not cancer.<sup>3</sup>

Biopsies, blood tests, MRI scans, ultrasounds, bone scan, PET scan and physical exams can be used to test for prostate cancer.<sup>5</sup> If you are a man over 40, consult a health care provider about your possible risk for developing prostate cancer and any testing you should consider.

### Symptoms of testicular cancer

The most common symptoms of testicular cancer include:

- A lump or swelling in the scrotum that may or may not be painful
- A heavy feeling in the scrotum
- A dull pain or feeling of pressure in the lower belly or groin<sup>6</sup>

### Detecting testicular cancer

Most men find testicular cancer themselves by chance or during a self-exam. Or a provider may find it during a routine physical exam.

Because other problems can cause symptoms like those of testicular cancer, a provider may order tests to find out if there is another problem.

These tests may include blood tests and imaging tests of the testicles such as an ultrasound or a computed tomography (CT) scan.<sup>6</sup> →



**If you have questions about any type of cancer contact your health care provider for advice and support.**



1. Movember, Men's Health, <https://us.movember.com/mens-health/general>, Accessed July 6, 2022
2. World Cancer Research Fund International. Prostate cancer statistics. <https://www.wcrf.org/dietandcancer/cancer-trends/prostate-cancer-statistics>, Accessed June 24, 2022.
3. American Cancer Society. Key Statistics for Prostate Cancer. <https://www.cancer.org/cancer/prostate-cancer/about/key-statistics.html>, Revised January 12, 2022.
4. Movember, Nuts & Bolts, <https://nutsandbolts.movember.com/articles/types-of-testicular-cancer/>, Accessed July 6, 2022
5. Mayo Clinic. Prostate cancer. Symptoms and causes. <https://www.mayoclinic.org/diseases-conditions/prostate-cancer/symptoms-causes/syc-20353087>, Accessed June 24, 2022.
6. Cigna, Testicular Cancer, <https://www.cigna.com/knowledge-center/hw/medical-topics/testicular-cancer-zr1001>, Accessed July 6, 2022.

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