
Subject: Open discussion on cancer.

Posted by [Walrus](#) on Fri, 14 Nov 2003 22:39:48 GMT

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Ok, this one is for the blokes: Now Lets try and talk about types of cancer that are currently ravaging the population - testicular cancer - cancer of the prostate. Both are huge killers and are

Testicular Cancer

Lets start off with testicular cancer - don't bother shrinking away because this can save your life. Yes it's embarrassing but it's still something you have to know about.

- women have to check their breasts every 4 weeks or so to check for lumps that may lead to the discovery of a growth - maybe its nothing, maybe its not... Regular scans (a special type of x-ray) are also recommended for those over the age of 35 (in the uk)

and every 2 to 4 weeks. Basically - roll your nuts and see if there are any unusual lumps or painful areas... If in doubt - go see your local doctor or GP. More info here.

<http://www.umm.edu/men/testicu.htm>

Prostate cancer.

The next type effects men from the age of 20 but only becomes a high risk over the age of 35 -

has no symptoms - sometimes there are but these are attributed to infections that are common to men of all ages.

- most Prostate cancer cases are found by accident by routine X-rays- and by then its usually too late because the Cancer has spread. There is however a test. DRE or the Digital Rectal Exam is the standard test - this should be part of your annual checkup past the age of 35. More info here.

<http://www.cancer.med.umich.edu/prostcan/prostcan.html>
