



How to check for prostate, testicular, and bowel cancers and what to do if you are concerned?

Prostate cancer

Prostate cancer doesn't normally cause symptoms until the cancer has grown large enough to put pressure on the urethra. This normally results in problems associated with peeing. See your Doctor, if you experience any of the following:

- Needing to pee more frequently, often during the night
- Needing to rush to the toilet
- Difficulty in starting to pee (hesitancy)
- Straining or taking a long time while peeing
- Weak flow
- Feeling that your bladder has not emptied fully

These symptoms don't mean you definitely have prostate cancer. Many men's prostates get larger as they get older, due to other factors. But you shouldn't ignore these signs. Just go to your Doctor to get checked out.

Testicular cancer

The most common symptom of testicular cancer is a lump or swelling in one of your testicles. The lump or swelling can be about the size of a pea, but may be larger. Most testicular lumps or swellings are not a sign of cancer. But they should never be ignored. You should visit your GP as soon as you notice a lump or swelling in one of your testicles.

Testicular cancer can also cause other symptoms including:

- A dull ache or sharp pain in your testicles or scrotum, which may come and go
- A feeling of heaviness in your scrotum
- A dull ache in your lower abdomen (stomach area)
- A sudden collection of fluid in your scrotum
- Fatigue
- A general feeling of being unwell

Bowel cancer

Early bowel cancer may have no symptoms and some symptoms of later bowel cancer can also occur in people with less serious medical problems, such as haemorrhoids (piles).

See your doctor if you notice any of the symptoms below:

- Blood in your poo or bleeding from your bum
- A change to your normal bowel habits that persists for more than three weeks, such as diarrhoea, constipation or passing stools more frequently than usual
- Abdominal pain
- Unexplained weight loss

While the symptoms are unlikely to be the result of bowel cancer, these types of symptoms always need to be investigated further.