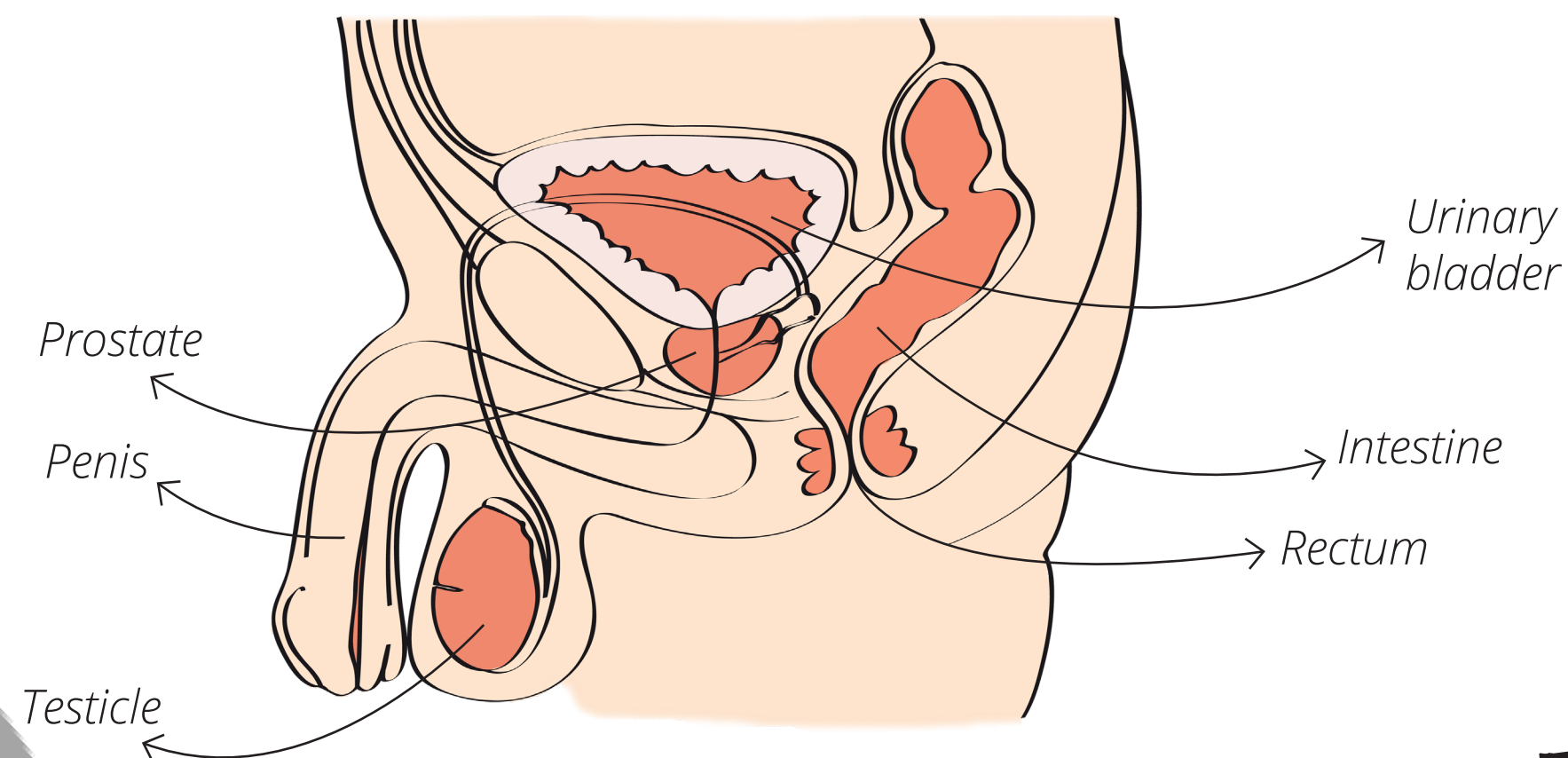


Men's health

Do you know how to take good care of your health?
Learn with us how to prevent and detect testicular or prostate cancer in time.

Sagittal section of male pelvis



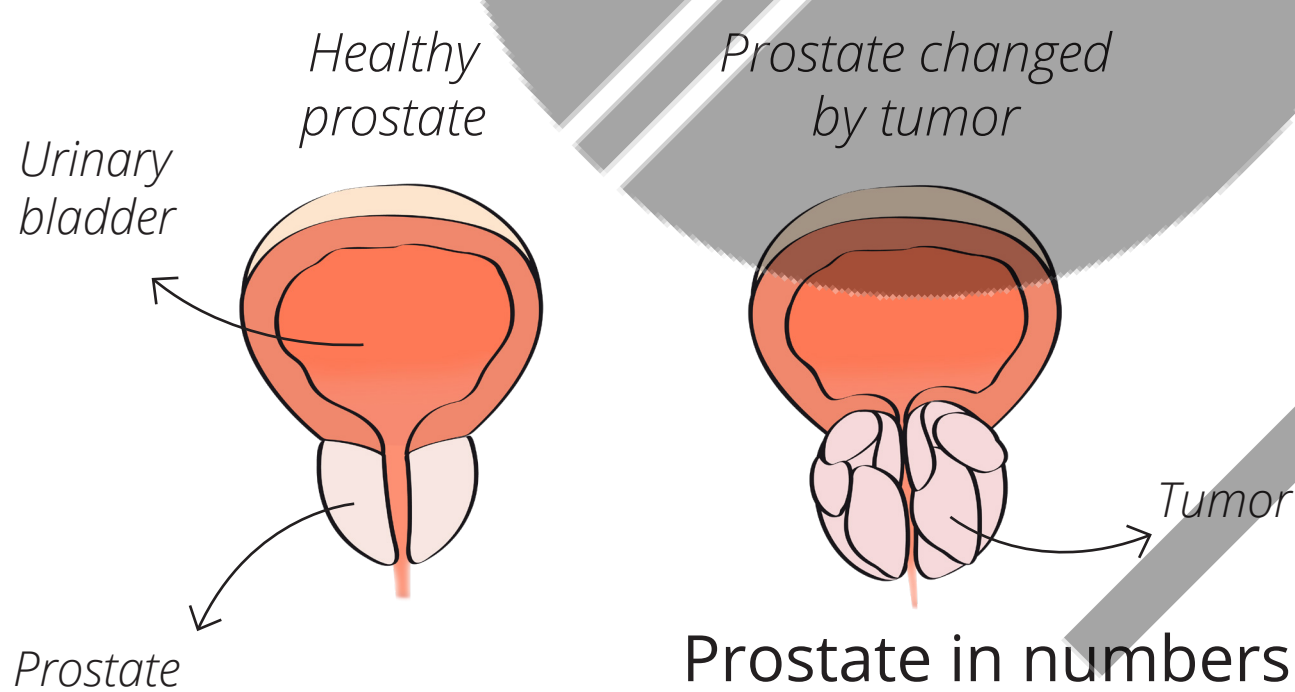
What is cancer?

You can imagine cancer as an "out of control" cell multiplication, which can occur in any organ of your body. This affected organ can then grow and push other organs out of their location or even lose its function.

Prostate cancer can be asymptomatic for a long period of time before it really shows, that's why annual check-ups are so important. Symptoms as listed below can also be experienced with benign prostatic hyperplasia (BPH), which affects almost every man at a certain age.

Prostate

Prostate can be easily described as a "gas station for sperm". This organ provides sperm with energy and nutrients needed in their long and exhausting run towards egg fertilization.



Prostate in numbers:

15 - 30

of semen volume is developed in the prostate.

20

grams - that's how heavy prostate is.

80

percent of testicular cancer is diagnosed in an asymptomatic stage.

What increases the risk of prostate cancer?

> 60 years

Age



Genetics



Smoking



Obesity

How does prostate cancer manifest itself?

Difficulty urinating

Blood in urine*



Intermittent urinating

Frequent urination

Painful urination

*Blood in urine can signal bladder or urethra inflammation as well - don't wait and go to your doctor.

How to prevent prostate cancer?



Don't underestimate any of the symptoms.

40 years

If you have cancer in your family, visit your urologist when you turn 40.



Don't forget your annual urologist appointments.

Want to know more?

More information about how to take care of your #boobsandballs, heart and reproductive organs, or where to go for a regular check-up at www.loono.cz/en.

Follow us on our social media @loonocz:



Test your knowledge at bit.ly/PreventionTest

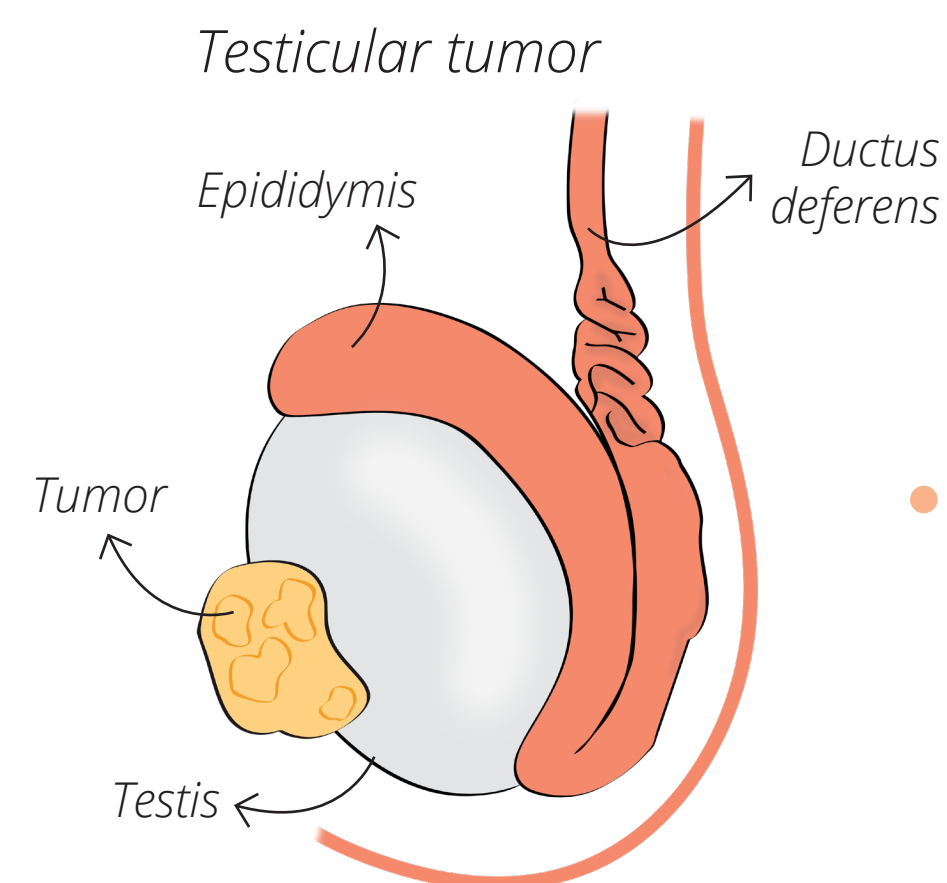


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Testicles

Testicles, testes or balls if you wish are responsible for the production of testosterone - the male sex hormone. Apart from that, male reproductive cells - sperms - are "born and raised" here, in temperatures lower by 4 °C from the rest of the body.



Testicles in numbers:

20

grams - that's how heavy one testis is.

15

millions sperm per milliliter of semen.

72

days to develop a fully mature sperm.

How does testicular cancer manifest itself?

Lump

Enlargement

Swelling

Pain



Testicular cancer is the most common type of cancer for men between 15 - 40 years of age.

What to do when...

If you discover something is not okay with your body.



Don't panic



Don't be shy



Don't look for advice on the internet



Visit your general practitioner or urologist.

Annual urologist exam

Visit your urologist once a year if you are above 50 (it only takes 20 minutes).

What will happen during the exam?

- Talk about your family and personal history
- Blood and urine collection (perhaps also ejaculate)
- Visual examination and palpation of the testes
- Prostate examination per rectum
- Ultrasonography of your kidneys and urinary tract is a possibility

TIP: It is good to self-check your testes as well. Want to know how to do it? Go to www.loono.cz/en/self-examination