



As we enter April, we would like to raise awareness of bowel and testicular cancer. Also, to pay attention to some other important cancer related topics from the science field and women's contribution to healthcare.

Bowel Cancer

Bowel cancer, also known as colorectal cancer, is one of the most common types of cancer globally. It affects the large intestine (colon) or the rectum and often develops slowly over time. Early detection and timely treatment are critical to improving survival rates, yet many people are unaware of the risks and symptoms associated with bowel cancer. Raising awareness about this disease is essential for prevention and early intervention.

Key Symptoms to Watch For

Bowel cancer may not show any symptoms in its early stages, which is why it's important to be aware of the signs and seek medical advice if anything unusual arises. Some common symptoms include:

- Persistent changes in bowel habits, such as diarrhea or constipation
- Blood in the stool or rectal bleeding
- Unexplained weight loss or fatigue
- Abdominal pain or discomfort
- A feeling of incomplete bowel movement

While these symptoms can be caused by other conditions, it's essential to speak with a healthcare professional if they persist, as they could indicate a more serious issue like bowel cancer.

Risk Factors and Prevention

Several factors can increase the risk of developing bowel cancer, including:

- Age (risk increases with age, particularly over 50)
- Family history of bowel cancer or polyps
- A diet high in red or processed meats

- Smoking and heavy alcohol consumption
- Sedentary lifestyle and obesity

While some risk factors cannot be changed (like age or family history), adopting a healthier lifestyle can help reduce the risk. Eating a balanced diet rich in fruits, vegetables, and fiber, staying active, maintaining a healthy weight, and avoiding smoking and excessive alcohol are all key preventative measures.

The Importance of Screening

Routine screenings are a vital tool for early detection, as they can identify abnormal growths (polyps) before they turn cancerous. In many countries, individuals over the age of 50 are encouraged to undergo regular screenings, such as a colonoscopy, to detect early signs of bowel cancer.

For those with a family history or other risk factors, earlier or more frequent screening may be recommended. Early-stage bowel cancer is often treatable, with surgery and chemotherapy offering high success rates for many patients.

Explore this topic more:

- https://immunyo.com/discover-the-best-colon-cancer-therapy/?gad_source=1&gclid=CjwKCAjw-qj_BhBxEiwAkxvbkNnJw1bPeF37SEQab-9b1LWFK_ObYqMFQ7cr3EYhjv1I_GMjKwnebxoCd9YQAvD_BwE
- <https://www.bowelcanceruk.org.uk/how-we-can-help/real-life-stories/personal-experiences/>
- <https://ligoniukasa.lrv.lt/lt/naujienos/istorija-is-gyvenimo-storosios-zarnos-vezio-diagnoze-dar-ne-pasaulio-pabaiga/>



Testicular Cancer

Testicular cancer is a rare but highly treatable cancer that primarily affects young men, typically between the ages of 15 and 35. Despite being less common than other types of cancer, it is important to raise awareness about the disease because early detection and treatment can lead to excellent outcomes. Testicular cancer has a survival rate of over 95% when caught early, making awareness and self-examination key factors in successful treatment.

Recognizing the Symptoms

The most common symptom of testicular cancer is the presence of a painless lump or swelling in one of the testicles. However, it's important to note that not all lumps are cancerous. Other signs and symptoms that may indicate testicular cancer include:

- Pain or discomfort in the scrotum or testicles
- A feeling of heaviness in the lower abdomen or scrotum
- A sudden collection of fluid in the scrotum
- Enlarged or tender breasts (in some cases)

While these symptoms can be caused by conditions other than cancer, it is essential to seek medical advice if they persist or worsen.

The Importance of Self-Examination

Self-examination is a simple and effective way for men to check for any abnormalities in their testicles. It involves gently rolling each testicle between the thumb and fingers while feeling for any unusual lumps, bumps, or changes in size. This should be done regularly, ideally once a month, after a warm shower when the scrotum is relaxed.

Finding a lump during self-examination doesn't necessarily mean you have cancer, but it's crucial to visit a healthcare professional as soon as possible for further evaluation and diagnosis.

Risk Factors and Prevention

The exact cause of testicular cancer is not fully understood, but several risk factors can increase the likelihood of developing the disease. These include:

- A family history of testicular cancer
- An undescended testicle (a condition present at birth)
- Age (young men between 15 and 35 are most commonly affected)
- Personal history of testicular cancer (if cancer develops in one testicle, the risk of it developing in the other increases)

While testicular cancer cannot always be prevented, being aware of these risk factors and performing regular self-exams can help detect the disease early, when it's most treatable.

Explore this topic more:

- <https://www.testicularcancerawarenessfoundation.org/>
- <https://thepatientstory.com/patient-stories/testicular-cancer/>
- <https://www.youtube.com/watch?v=rx6d6EUOfq7k>

Raising cancer awareness is crucial in encouraging individuals to be proactive about their health. Through education, people can better understand the importance of recognizing symptoms, participating in screenings, and making lifestyle changes to reduce their risk.

Science news



- *Researchers identify mutations that can lead to resistance to some chemotherapies. Investigators have uncovered how resistance to chemotherapies may occur in some cancers. Read full article: <https://www.sciencedaily.com/releases/2025/03/250328201046.htm>*
- *AI meets oncology: New model personalizes bladder cancer treatment. Leveraging the power of AI and machine learning technologies, researchers developed a more effective model for predicting how patients with muscle-invasive bladder cancer will respond to chemotherapy. Read full article: <https://www.sciencedaily.com/releases/2025/03/250328112553.htm>*
- *An mRNA cancer vaccine may offer long-term protection. A small clinical trial suggests the treatment could help keep pancreatic cancer from returning. Read full article: <https://www.sciencenews.org/article/cancer-vaccine-mrna-pancreas-nih>*

Women in healthcare



At [Med Tech World Dubai 2025](#), a powerhouse panel explored the critical role of women in driving change across the healthcare industry. From digital health to public policy, these leaders are paving the way for a more inclusive and tech-driven future.

Watch full video: <https://www.youtube.com/watch?v=bY-Oj1WSyjs>

BrachyDOSE previous events

- *BrachyDOSE* team attended [EIC summit](#) on April 2-3rd in Brussels, Belgium. Our CEO Neringa shared her experience at *StartupEU in Action: Real Stories of Growth from Widening Countries* event. Read full article: <https://www.brachydose.net/news-brachydose>



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