



# Testicular Cancer Fact Sheet

## for Patients and Caregivers



Testicular cancer starts in the testicles. Testicular cancer can develop at any age, but the average age at diagnosis is 33. In most cases, testicular cancer can be treated successfully.

### Risk Factors and Prevention

Many men with testicular cancer have no known risk factors. And many of the risk factors can't be changed, such as having testicles that did not descend, a family history of the disease, infection with human immunodeficiency virus (HIV), and being White. At this time, there are no known ways to prevent testicular cancer.

### Early Detection

The American Cancer Society does not have guidelines for testicular self-exam, but some doctors advise men and boys who have gone through puberty to check their testicles each month. Talk to your doctor right away if you find any changes in your testicles or scrotum. Most doctors agree that examining a man's testicles should be part of a routine checkup.

### Signs and Symptoms

The most common sign of testicular cancer is a lump or swelling in one of the testicles. One testicle may feel harder or larger than the other. Sometimes there isn't any pain or discomfort. Other signs and symptoms might include aching in the lower belly, back, or groin, or a heavy feeling in the scrotum.

### Treatment

Treatment for testicular cancer depends on the type and extent of the cancer and results of any testing done on the tumor. A man's age, other health problems, and personal choices are also considered. If you have testicular cancer, talk to your doctor about the best treatment for you.

### Living With Testicular Cancer

Having testicular cancer affects a person's quality of life. Physical, social, mental health, spiritual, and money issues can come up at any time during and after treatment. For instance, after treatment, men with testicular cancer might have problems with sexual function and might not be able to father children.

People with testicular cancer may be helped by palliative care at any time. Palliative care focuses on helping patients manage symptoms, address issues, and improve their quality of life.

Good communication between a man with testicular cancer and his health care team is important. This should include:

- Asking and answering questions
- Working together to set care goals
- Shared decision making
- Managing side effects and other issues
- Scheduling follow-up tests and care

Visit the American Cancer Society website at [cancer.org/cancer/testicular-cancer](https://cancer.org/cancer/testicular-cancer) or call us at **1-800-227-2345** to learn more. We're here when you need us.

