

Testicular Cancer Fact Sheet

About Testicular Cancer

Cancer that starts in the testicles is called testicular cancer. Testicular cancer is not a common cancer in the US. The average age of men who are diagnosed is 33, but testicular cancer can happen at any age. 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 risk factors can't be changed. They include: having undescended testicles, a family history of the disease, or Klinefelter's syndrome, and being white. At this time, there are no known ways to prevent testicular cancer.

Early Detection

Some doctors recommend that all men examine their testicles monthly after puberty. The American Cancer Society does not have guidelines for testicular self-exam, but advises men to be aware of testicular cancer and to see a doctor right away if they note any changes in their testicles or scrotum. Most doctors agree that examining a man's testicles should be part of a general physical exam during a routine check-up.

Signs and Symptoms

The most common sign of testicular cancer is usually a lump on one of the testicles. One testicle may feel harder or larger than the other. Sometimes there isn't any pain or discomfort. Some other signs and symptoms might include a dull ache in the lower abdomen, back, or groin, or a feeling of heaviness in the scrotum.

Treatment

Treatment for testicular cancer depends on the type and stage of the cancer, special testing that might be done

on the tumor, as well as the man's age, other health problems, and personal choices. Men who are diagnosed with testicular cancer should discuss all treatment options and make informed treatment decisions together with their doctors.

Living With Testicular Cancer

From the time a man is diagnosed with testicular cancer, their quality of life is affected in some way. Different physical, social, psychological, spiritual, and financial issues can come up at any time during the cancer experience and after treatment is over. For example, after surgery and treatment, men with testicular cancer might have problems with sexual function and might not be able to father children.

Some types of testicular cancers can be serious. Palliative care is focused on helping to improve the quality of life and dealing with issues that people living with a serious illness might have. People with advanced testicular cancer may benefit from having palliative care at any time from the point of diagnosis, throughout treatment, and beyond.

Good communication between a man with testicular cancer and the health care team is important and involves:

- Asking and answering questions
- Working together to set care goals
- Making shared decisions
- Managing side effects and other issues
- Making sure to schedule follow-up tests and care

To learn more, visit www.cancer.org/cancer/testicular-cancer.