TESTICULAR CANCER

Take Control of Your Health

What Is Testicular Cancer?
Testicular cancer develops in one or both testicles, the male reproductive glands located inside the scrotum.

It's most common in young and middle-aged men (ages 15–44), but it's also one of the most treatable and curable cancers, especially when found early.

Know the Risk Factors
While testicular cancer can affect any man, your risk may be higher if you:

- Have a family history of testicular cancer
- Had an undescended testicle (cryptorchidism)
- Have abnormal testicular development
- Are White (higher risk than other ethnic groups)
- Have HIV infection

Common Symptoms
Most men discover testicular cancer themselves — often by noticing a lump or swelling.

Be aware of these warning signs:

- A lump or enlargement in either testicle (usually painless)
- A feeling of heaviness or aching in the scrotum or lower abdomen
- Pain or discomfort in a testicle or the scrotum
- A sudden collection of fluid in the scrotum
- Dull ache in the lower back, groin, or abdomen

Note: Not all lumps are cancer — but every lump should be checked by a doctor.

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Screening & Self-Exams
There is no routine screening test for testicular cancer for men without symptoms. However, self-exams and awareness of changes can lead to early detection.

How to Perform a Monthly Self-Exam:

1. Do it after a warm shower, when the scrotal skin is relaxed.
2. Examine one testicle at a time.
3. Roll each testicle gently between your fingers and thumbs — it should feel smooth and firm, with a soft, rope-like structure (the epididymis) at the back.
4. Look for any lumps, swelling, or changes in size or consistency.
5. Report any abnormalities to your doctor right away.

Diagnosis & Treatment
If cancer is suspected, your doctor may order:

- Ultrasound imaging of the testicle
- Blood tests for tumor markers (AFP, hCG, LDH)
- CT scans to check for spread

Treatment is highly effective and may include:

- Surgery to remove the affected testicle (orchiectomy)
- Radiation or chemotherapy if the cancer has spread

Most men make a full recovery, and treatment usually does not affect fertility when caught early.

Prevention & Healthy Living
While there's no guaranteed way to prevent testicular cancer:

- Know your normal and do monthly self-exams
- Maintain a healthy lifestyle
- Don't ignore any unusual symptoms
- See your doctor promptly if you notice changes

Early Detection Saves Lives
Testicular cancer is rare — but it's the most common cancer in young men. Awareness, self-exams, and prompt medical attention lead to nearly 100% survival when found early.