

Testicular Cancer Fact Sheet

Testicular cancer starts in the testicles. Testicular cancer can develop in boys and men of 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, or Klinefelter syndrome, 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 to check their testicles each month. Learn about testicular cancer and see a 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 check-up.

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 a dull ache 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. Men diagnosed with testicular cancer should learn about their treatment choices and possible side effects to help them make informed decisions with their doctor.

Living With Testicular Cancer

A testicular cancer diagnosis affects a man's quality of life. Physical, social, psychological, spiritual, and financial 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 advanced testicular cancer may be helped by palliative care at any time after diagnosis. 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
- Making sure to set up follow-up tests and care

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