



## TESTICULAR CANCER

Testicular cancer is a rare and aggressive disease, however if caught early has a relatively high treatment and cure rate. It mostly affects men between the ages of 18-35.

### 1. RISK FACTORS

- a. Undescended testicles as an infant or child
  - Testicles normally should descend from abdomen into scrotum
  - This should be corrected by age 2

### 2. SYMPTOMS

- a. A firm, usually painless mass or lump on the testicle
  - Some cancerous masses (25-50%) can be achy or painful
- b. Growth or swelling of the testicle
- c. Abnormality in shape or consistency of one testicle compared to the other
- d. Associated abdominal pain occurring with any of the above symptoms

### 3. DIAGNOSIS

- a. History
  - Complaints of a testicular mass that is new or is growing in size
- b. Physical Exam
  - Mass noted on exam in clinic
- c. Imaging
  - Testicular ultrasound and/or CT scan
- c. Labs
  - Tumor markers done through blood work that may indicate if a certain type of cancer

### 4. TREATMENT

- a. Suspicious testicular tumors are treated with surgical removal of the affected testicle
  - Outpatient
  - About one hour long
  - Typically done through a small incision above the scrotum

### 5. PREVENTION

- a. While there is no way to necessarily prevent this yourself, the best thing to do is monitor for any masses or abnormalities with monthly self-exams. The normal testicle should feel smooth. Any firm or hard masses should be reported to your doctor.