

Testicular Cancer Awareness



October 2012

Do You Know?

...even though it's not widely talked about, testicular cancer is found in approximately 1 out of 250 men.

...there are about 8500 men diagnosed each year and the numbers continue to rise.

...the exact cause is still unknown, but there are some risk factors to be aware of, for example:

- **Age-** the primary age that it occurs is 15-35 years. This is the target age range, however, it can occur at any age
- **Race-** there is a higher risk for white males
- **Family History-** if you are male and have a family member who has been diagnosed with testicular cancer, you may have a higher risk.
- **Non-descended testicle-** Normally, the testicles drop down before or right after birth; however, a non-descended testicle occurs when one or both does not come down into the scrotum. This results in the need to surgically relocate them into the scrotum.
- **Abnormal testicular development**
- **Smoking marijuana-** doubles your risk according to studies

...the signs and symptoms:

- A lump, swelling, or enlargement in either testicle, with or without pain
- Pain or discomfort in the testicle
- A feeling of heaviness in the scrotum
- A dull ache in the groin, abdomen, or low back
- A sudden collection of fluid in the scrotum
- Enlargement or tenderness of the breast
- Unexplained fatigue or generally not feeling well

...conditions other than cancer, such as infection or injury, can cause similar signs or symptoms.

...you should go to the doctor if you have any changes in your testicles or groin area, lasting more than 2 weeks.

...you should do a self exam each month, ideally during or right after a shower.

...it is normal for each testicle to have an epididymis (the sperm-carrying tube), which feels like a small bump on the upper or middle, outer side of the testis. There are also blood vessels, tubes, and supporting tissues that may be confused with an unusual lump.

When in doubt, talk to your doctor.

...that dramatic advances in the treatment of testicular cancer make it one of the most treatable of all cancers, with an overall cure rate of more than 95 % if detected and treated early.



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