WHAT YOU SHOULD KNOW

The testicles (testes) are the two egg-shaped male sex glands, located in the scrotum, which produce sperm and the hormone testosterone.

Testicular cancer occurs when cells in one or both of the testicles grow erratically, becoming malignant.

Testicular cancer is most frequently diagnosed in young adults, ages 20 to 35. The median age at diagnosis is 33.

CHECK YOURSELF

Most cases of testicular cancer are found by men themselves and 70% of these cancers are discovered at an early stage, before cancer has spread beyond the testicle. A self-exam is easy and takes only minutes. Follow these guidelines:

- Examine yourself while standing, during or after a shower, when your skin is warm and relaxed.
- Gently feel your scrotal sac to locate a testicle.
- Hold the testicle with one hand while firmly, but gently rolling your other hand’s fingers over the testicle to examine the entire surface.
- Repeat procedure to check your other testicle.

Check your testicles regularly and report any lump, swelling or changes to your doctor right away.

SYMPTOMS TO TELL YOUR DOCTOR

- A painless lump or swelling in a testicle
- A change in how a testicle feels
- A dull ache in your lower abdomen or groin
- Pain or discomfort in a testicle or the scrotum

TESTICULAR CANCER CAN ALMOST ALWAYS BE CURED.

The lifetime risk for developing testicular cancer is 1 in 250.

The 5-year relative survival rate for all men with testicular cancer is 95%.

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HOW TO GET A DIAGNOSIS
After a physical exam and review of your health history, if testicular cancer is suspected, your doctor may suggest:

- **Ultrasound exam**, which uses sound waves to form a picture of body tissues.
- **Blood test** to measure the amounts of certain substances that may indicate the presence of a tumor, such as alpha-fetoprotein (AFP), beta-human chorionic gonadotropin (β-hCG) and lactate dehydrogenase (LHD).
- **Surgery** to remove the testicle through an incision in the groin.

WHAT'S A CLINICAL TRIAL?
Any new medical treatment undergoes years, even decades of study in both laboratory and clinical settings. Participating in a clinical study can be an important treatment option for many cancer patients, who may be among the first to benefit from a new drug or therapy. Today’s standard treatments were researched and proven by clinical trials done in the past.

WHY ROSWELL PARK FOR TESTICULAR CANCER?

- **Urology team that focuses on cancer** and has high-volume surgical experience for testicular procedures and lymph node removal.
- **Onco-Fertility Program** to provide guidance and options for fertility preservation and continued sexual health.
- **Transplant & Cellular Therapy Center** that is designated a Blue Distinction Center for Transplants by BlueCross BlueShield for Roswell Park’s high quality care. Some patients with testicular cancer may need stem cell transplant.

TREATMENT OPTIONS FOR TESTICULAR CANCER INCLUDE:
- Surgery
- Radiation
- Chemotherapy
- High-dose chemotherapy with stem cell transplant
- Clinical trials

MEET THE DOCTORS

- **Urology**
  1. Khurshid Guru, MD
  2. Eric Kauffman, MD
  3. Qiang John Li, MD, PhD
  4. Thomas Schwaab, MD, PhD

- **Medical Oncology**
  5. Gurkamal Chatta, MD
  6. Ellis G. Levine, MD, FACP
  7. Philip L. McCarthy, MD

- **Radiation Oncology**
  8. Michael R. Kuettel, MD, PhD, MBA

- **Nuclear Medicine**
  9. Dominick Lamonica, MD

YOUR PARTICIPATION IS ENTIRELY YOUR CHOICE.

TESTICULAR CANCER IS THE MOST COMMON CANCER IN MALES 15-34 YEARS OLD.