



TIP SHEET Testicular Cancer

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.

Although rare, testicular cancer is the most common cancer type among young men, ages 20 to 35. The median age at diagnosis is 33.

You are more likely to be diagnosed with testicular cancer if...

- You had an undescended testicle when you were born.
- Your testicles didn't develop normally.
- You had cancer in the other testicle.
- Other family members, especially a father or brother, have had testicular cancer.
- You are white.

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 roll 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 You Should 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
- A sudden buildup of fluid in the scrotum
- Pain or discomfort in a testicle or the scrotum

The lifetime risk for developing testicular cancer is

1 in 268





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 (if a tumor is seen on ultrasound).

THERAPEUTIC OPTIONS FOR TESTICULAR CANCER INCLUDE:

- Surgery
- Radiation
- Chemotherapy
- High-dose chemotherapy with stem cell transplant
- Clinical trial

Treatment the RPCI Way

We believe every patient is unique, and we approach cancer treatment on an individual and personal basis, treating the whole person, not just the cancer. We offer the highest level of cancer care, including:

- **A multidisciplinary care approach** by a team of genitourinary professionals, urologic oncologists, plus medical and radiation oncologists, psychologists, social workers and other experts who work collaboratively to provide comprehensive and integrated care—all under one roof.
- **Genitourinary surgeons with high-volume expertise** in surgery for testicular procedures and lymph node removal.
- **A Blood & Marrow Transplant (BMT) Center** that's designated a Blue Distinction Center by BlueCross BlueShield Association for RPCI's quality care that results in better outcomes for transplant patients. Patients with testicular cancer may need stem cell transplant.

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

Meet the Doctors

(above from left to right)

Urology

- 1) Khurshid Guru, MD
- 2) James Mohler, MD
- 3) Thomas Schwaab, MD, PhD
- 4) Willie Underwood III, MD, MPH, MSci

Medicine

- 5) Ellis G. Levine, MD, FACP
- 6) Philip L. McCarthy, MD

Radiation

- 7) Michael R. Kuettel, MD, PhD, MBA

Nuclear Medicine

- 8) Dominick Lamonica, MD

TESTICULAR CANCER CAN USUALLY BE CURED.

Adolescent and Young Adult (AYA) Cancer Program

RPCI's AYA team focuses on the unique needs of young patients ages 15 to 39 during treatment and beyond. Program addresses issues such as fertility, health and life insurance, career matters and provides networking and social events.

What's a Clinical Trial?

Any new medical treatment undergoes years, even decades of study in both laboratory and clinical settings. Clinical studies that involve people encompass the final phases of cancer research. 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.

About 50% of RPCI patients are eligible for a clinical research study. Your participation is entirely your choice.