



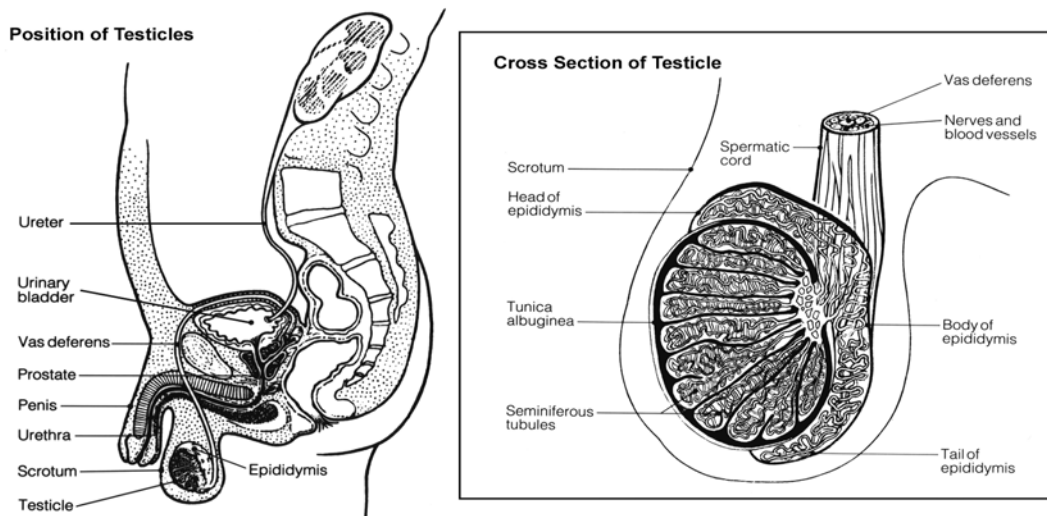
Just the Facts...

Testicular Cancer

What is Testicular Cancer?

Testicular Cancer is a cancer in one or both testicles that usually occurs between the ages of fifteen (15) and forty (40). Statistics show that 95% of testicular tumors begin in cells within the testicles. It can be treated and cured, when detected at an early stage. Most men discover a lump themselves. A man should talk with his medical doctor, if he notices anything unusual about his testicles between regular checkups.

Anatomy. The testicles, also called testes, are a pair of male sex glands. They produce sperm and male hormones. The testicles are located under the penis in a sac-like pouch called the scrotum.



Risk Factors

A man is at risk if:

- his testicle did not move down into the scrotum.
- he had surgery to move the testicle down into the scrotum.
- he had previous testicular cancer.
- a brother or father had testicular cancer.
- he has Klinefelter's syndrome (a genetic disorder that causes low levels of male hormones, enlarged breasts, and small testes).

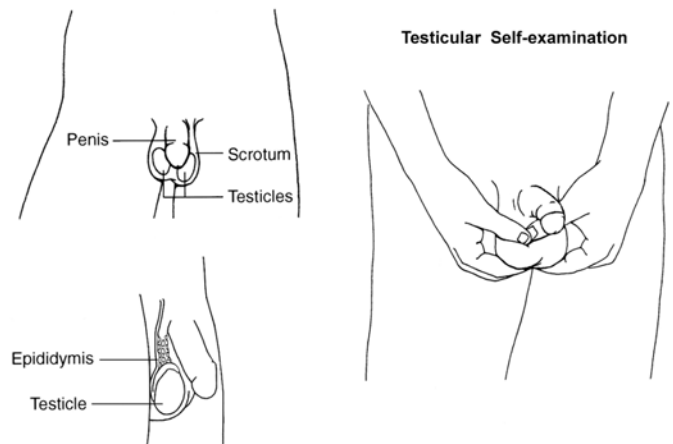
Prevention

There is no definite way to prevent testicular cancer. It can be detected early by doing a testicular self-exam monthly. Men who examine themselves monthly become familiar with the way their testicles normally feel. Any changes in the way the testicles feel should be checked by a doctor.

How to Do a Testicular Self Examination (TSE)

Do a TSE monthly after a warm bath or shower. The scrotum (skin that covers the testicles) is most relaxed. It makes it easier to examine the testicles and to spot anything abnormal.

1. Examine one testicle at a time.
2. Use both hands to gently roll each testicle between your fingers.
3. Place your thumbs over the top of your testicle, with the index and middle fingers of each hand behind the testicle.
4. Feel for the epididymis, a soft, rope-like tube that carries sperm which is located at the top of the back part of each testicle. This is a normal lump.
5. Feel for lumps or bumps along the front or sides. Lumps may be as small as a piece of rice.



Symptoms:

- a lump, swelling, or enlargement in the testicle
- an ache in the lower back, abdomen or groin (the area where the thigh meets the abdomen)
- pain or discomfort in a testicle or scrotum
- change in the way a testicle feels
- feeling of heaviness in the scrotum
- a sudden buildup of fluid in the scrotum

These symptoms can be caused by cancer or by other conditions.

Diagnosis: The doctor will perform a physical exam and may order lab and diagnostic tests to include blood tests, ultrasound, and biopsy, which are used to diagnosis testicular cancer.

Treatment: Testicular cancer can be cured. Surgery, radiation therapy, and/or chemotherapy are used to treat testicular cancer. The side effects depend on the type of treatment and may be different for each person.

References:

American Cancer Society, <http://www.cancer.org/docroot/home/index.asp>

Medline Plus - National Library of Medicine, <http://www.nlm.nih.gov/medlineplus/healthtopics.html>

Testicular Cancer Resource Center, <http://tcr.acor.org/testicle.html>