



TESTICULAR CANCER

Testicular cancer is the most common type of cancer in men ages 20-35.

Testicular cancer affects the male reproductive organs. Men whose testicles have not descended into the scrotum and those whose testicles descended after age 6 are at a greater risk of developing testicular cancer.

Symptoms

- Small, painless lump
- Slightly enlarged testicle
- Feeling of heaviness in the scrotum
- Dull ache in the lower stomach or groin
- Change in the way a testicle feels
- Sudden accumulation of blood or fluid in the scrotum

Testicular Self-Examination (TSE)

A testicular self-examination can increase the chances of finding a tumor early. Men should perform TSE once a month, after a warm bath or shower.

- Examine each testicle gently with both hands. The index and middle fingers should be placed underneath the testicle while the thumbs are placed on the top. Roll the testicle gently between the thumbs and fingers. One testicle may be larger than the other. This is normal.
- The epididymis is a cord-like structure on the top and back of the testicle that stores and transports sperm. Do not confuse the epididymis with an abnormal lump.
- Feel for any abnormal lumps - about the size of a pea - on the front or side of the testicle.

If you find a lump, you should contact your doctor immediately. Testicular cancer is highly curable, especially when detected and treated early.

Testicular examinations are important but they do not substitute for a doctor's examination. Your doctor should examine your testicles when you have a physical exam.