

Learn more about testicular cancer:

¹American Cancer Society (2014). Testicular Cancer. <http://www.cancer.org/cancer/testicularcancer/index>

National Cancer Institute (2014). Testicular Cancer. <http://www.cancer.gov/cancertopics/types/testicular>

Mayo Clinic (2014). Testicular Cancer. *In* Diseases and Conditions. <http://www.mayoclinic.com/health/testicular-cancer/DS00046>

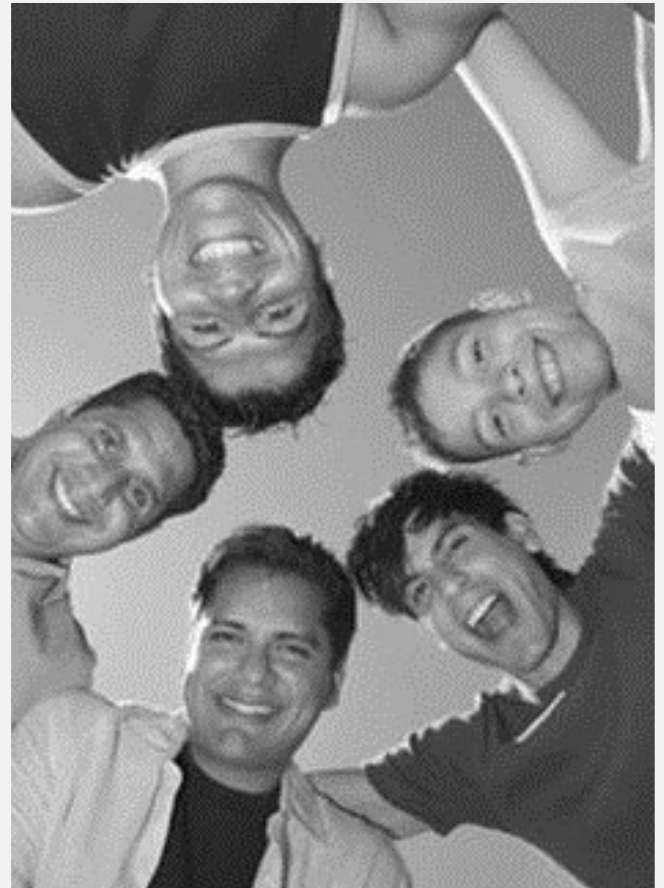
American Society of Clinical Oncology (2014). Testicular Cancer. <http://www.cancer.net/cancer-types/testicular-cancer>

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Testicular Cancer

An Overview



Prepared by



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What is testicular cancer?

Testicular cancer is abnormal cell growth in the testicles (or testes) a part of the male reproductive system. The testicles reside in a sack of skin called the *scrotum* located beneath the base of the penis. They are responsible for making male hormones, like testosterone, and they also create sperm. Several kinds of cells are found in the testicles and each may develop particular types of cancers. Testicular cancer most commonly affects males between the ages of 15 and 35; it is a highly treatable and usually curable type of cancer¹.

What are the symptoms of testicular cancer?

Some symptoms of testicular cancer may include:

- A lump or enlargement in the scrotum
- A feeling of heaviness in the scrotum
- A dull ache in the abdomen or groin
- A sudden collection of fluid in the scrotum
- Pain or discomfort in the testicle or the scrotum
- Enlargement or tenderness of the breasts
- Shortness of breath
- Coughing not due to a cold
- Pain in the chest

How is testicular cancer diagnosed?

Physical exams consist of a health-care provider feeling for testicular swelling or tenderness and determining the size and location of the testicular tumor. During a physical exam, nearby lymph nodes, the abdomen and other parts of your body will be checked to ensure the cancer has not spread beyond the testicles.

Blood tests are used to determine the level of tumor markers in the blood and the best treatment(s) for a particular case of testicular cancer.

Imaging tests use x-rays, magnets, sound waves or radioactive chemicals to produce pictures of the inside of the body. For testicular cancer, these tests may include *chest x-rays*, *computed tomography (CT) scans*, *magnetic resonance imaging (MRI) scans*, *positron emission tomography (PET) scans* and *bone scans*, all of which are particularly efficient at detecting if testicular cancer has spread to other body locations.

Ultrasounds use sound waves to generate a digital image of the testicles. An ultrasound allows a health-care provider to assess the location, size and composition of any testicular lumps. Based on an assessment of these criteria, a health-care provider is better able to make a diagnosis of a type of testicular cancer.

What are the risk factors of testicular cancer?

- **Cryptorchidism:** This condition, where one or both of the testicles do not descend at birth, is linked to higher rates of testicular cancer.
- **Medical history:** A family or personal history of testicular cancer is correlated with higher rates of testicular cancer.
- **Age:** Men between 20-34 are at a higher risk of developing testicular cancer.
- **Ancestry:** Men with European ancestry have higher rates of testicular cancer.
- **Height:** Testicular cancer occurs more frequently in taller men.

How is testicular cancer prevented?

There are no proven testicular cancer prevention methods. Health-care professionals recommend **regular testicular self-examinations** to identify testicular cancer at its earliest stages.