

## Key facts—testicular cancer



### How common is testicular cancer?

Testicular cancer is rare. Around 150 men are diagnosed annually. It is a cancer that occurs most in younger men 18-39 years.

### The testicles

The testicles (balls) are two small egg shaped glands in the scrotum, which make and store sperm and produce male hormone.

### What is testicular cancer?

Testicular cancer is cancer of the testicle.

### What to look for

In some men, testicular cancer does not cause any symptoms. Other men may experience some of these changes:

- swelling or a lump in a testicle (usually painless)
- a feeling of heaviness in the scrotum
- changes in the size or shape of a testicle
- a feeling of unevenness in a testicle
- aches or pain in the lower abdomen, testicle or scrotum
- enlargement or tenderness of the breast tissue
- back pain
- stomach aches.

Most lumps in the balls are not testicular cancer but must be checked by a doctor to be sure.

### Tests for testicular cancer

- physical examination
- ultrasound – to get a picture
- blood test – for tumour markers (chemicals that some cancers release into the blood).

### Treatments for testicular cancer

Treatment for testicular cancer is usually very successful and many men can now be cured even if the cancer has spread. Most men have surgery to remove the testicle. Some men will be offered a combination of two or more treatments such as surgery, chemotherapy and/or radiation treatment. The treatment depends on the type of testicular cancer and whether or not it has spread. Some men may be closely observed after surgery and only require chemotherapy if spreading is found later.

### Reducing your risk of testicular cancer

Causes of testicular cancer are unknown. Undescended testicles, even if surgically repaired, or a family history of testicular cancer slightly increase the risk.