

# Testicular Cancer: *Just the Facts*



According to the American Cancer Society (ACS), almost half of all cases of testicular cancer are found in men between the ages of 20 and 34, although it can develop in males of any age, including infants and elderly men. Unlike other cancers, most forms of testicular cancer grow very slowly and are highly treatable when found early.

## Risk Factors for Testicular Cancer

The ACS lists the following risk factors for testicular cancer:

- one or both testicles did not descend into the scrotum before birth
- a personal history or family history of testicular cancer
- HIV infection
- cancer in the other testicle
- being caucasian

## Signs and Symptoms of Testicular Cancer

Testicular cancer most often only affects one testicle. The ACS recommends seeing your doctor if you experience any of the following signs and symptoms lasting longer than two weeks:

- a lump or swelling in either testicle
- a feeling of heaviness in the scrotum
- a dull ache in the abdomen or groin
- pain in either testicle or the scrotum

- enlargement or tenderness of the breast tissue
- early puberty

## Testicular Cancer Screening

The ACS recommends a testicular exam as part of a routine cancer-related checkup. Testicular self-exams are a personal choice. Talk with your doctor if you have any of the risk factors for testicular cancer to see if you should consider monthly self-exams.

## How and When to Self-Check

A good time to check your testicles is during or after a warm shower. The heat from the water relaxes the skin of the scrotum, making it easier to find anything out of the ordinary. Schedule an appointment with your doctor immediately if you find a lump or notice anything unusual.



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