

WHAT YOU NEED TO KNOW ABOUT TESTICULAR CANCER



TESTICULAR CANCER IS THE **MOST COMMON**

CANCER IN YOUNG MEN AGED 15 – 35 YEARS.

TESTICULAR CANCER MOST OFTEN DEVELOPS IN YOUNG MEN. BUT IT CAN OCCUR IN OLDER MEN AS WELL. IT IS A VERY TREATABLE CANCER THAT CAN OFTEN BE CURED.



ABOUT

8,430

NEW CASES OF TESTICULAR CANCER ARE DIAGNOSED EACH YEAR.

1 IN EVERY 270

MEN WILL GET THE DISEASE.



THIS MEANS, ON AVERAGE, A NEW MAN HEARS, "YOU HAVE TESTICULAR CANCER"

EACH HOUR OF EACH DAY OF EACH YEAR.



AROUND THE WORLD, THE CHANCE OF GETTING THIS DISEASE IS HIGHER IN MEN LIVING IN THE UNITED STATES AND EUROPE. IT IS LOWER IN MEN LIVING IN AFRICA OR ASIA.

What You Need to Know About Testicular Cancer

Risk Factors:



AROUND
1 IN 25
MEN WHO HAVE HAD
CANCER IN ONE TESTICLE
GET CANCER IN THE OTHER
TESTICLE AT SOME POINT.

WHITE MEN ARE ABOUT

4-5x

MORE LIKELY TO GET TESTICULAR CANCER
THAN AFRICAN-AMERICAN MEN.

White men are also more than 3 times more likely to get testicular cancer than Asian-American men.

SCIENTISTS DO NOT KNOW WHAT CAUSES TESTICULAR CANCER. SOME FACTORS THAT MAY INCREASE A MAN'S RISK INCLUDE:

1. Born with an undescended testis (at least one testicle didn't drop into the scrotum)
2. Family history (father or brother with testicular cancer)
3. Had testicular cancer before



THERE IS NO KNOWN LINK BETWEEN TESTICULAR CANCER AND

INJURY TO THE TESTICLES.

GROIN STRAINS, HOT BATHS AND WEARING TIGHT CLOTHES DO NOT SEEM TO CAUSE THE DISEASE EITHER.

How to do a Testicular self-exam:

Boys can start doing monthly testicular self-exams during their teen years. The best time to examine your testicles is right after a hot bath or shower. The scrotal skin is most relaxed at this time, and the testicles can be felt more easily. The exam should be done while standing and only takes a few minutes.

- Look for swelling in the scrotum
- Gently feel the scrotal sac to find a testicle
- Examine the testicles one at a time by firmly and gently rolling each testicle between the thumb and fingers of both hands to examine the entire surface
- Note that it is normal for one testicle to be a little bigger than the other. It is also normal to feel a cord-like structure (the epididymis) on the top and back of each testicle

IF YOU FIND A LUMP, SWELLING OR ANY OTHER CHANGES, GET IT CHECKED OUT RIGHT AWAY.

For more information about testicular cancer or self-exam, visit the Urology Care Foundation's website: UrologyHealth.org. Our testicular cancer fact sheet is available at UrologyHealth.org/TesticularCancerFS