



Testicular Cancer 2010 Fact Sheet

Introduction

An estimated 8,480 men will be diagnosed with testicular cancer in 2010, and an estimated 350 will die of the disease. It is the most common cancer in men age 20 to 35. When found early, testicular cancer is very treatable and often curable.

If you are a young man, learn the symptoms of testicular cancer and know how to check yourself. If a symptom occurs, get checked by your health care professional promptly.

At Risk

- Men with a personal history of undescended testicle (at least one testicle was not in the scrotum at time of birth) or other abnormal development of the testes
- Men who are infected with HIV (human immunodeficiency virus)
- Men who have Klinefelter syndrome (a genetic disorder in men caused by having extra X chromosomes)
- Men with a personal or family history of testicular cancer
- Men who are white are much more likely to develop testicular cancer than men of other races and ethnicities.

Risk Reduction and Early Detection

- Ask your primary health care professional to examine your testicles as part of routine physical exams.
- Perform testicular self-exam once a month, especially if you are at higher risk of developing testicular cancer.

Symptoms

Talk to your doctor if you have any of these symptoms:

- A painless lump or swelling in either testicle
- A change in how the testicle feels
- Dull aching in the lower abdomen or groin
- Pain or discomfort in a testicle or in the scrotum
- Sudden collection of fluid in the scrotum

Treatment

- Surgery
- Radiation therapy
- Chemotherapy

Treatment depends on stage, type of testicular cancer, size of the tumor and extent of lymph-node involvement.

**Guidelines subject to revision as recommendations change.*