

Fast Facts on Testicular Cancer

- While rare, testicular cancer is the most common form of cancer in men between the ages of 15 and 35.
- The average age at the time of diagnosis of testicular cancer is about 33. This is largely a disease of young and middle-aged men, but about 6% of cases occur in children and teens, and about 8% occur in men over 55.
- Testicular cancer or cancer of the testis occurs when cancer cells form in one or both testicles. These cells begin to change and grow uncontrollably, forming a mass or tumor.
 - The cells can also invade the blood stream and lymph system and spread, leading to tumors in other areas of the body called metastases.
- Testicular cancer is highly treatable and one of the most curable forms of cancer. It is especially important to detect testicular cancer in the earliest stages where the cure rate is almost 100%.
 - Because testicular cancer usually can be treated successfully, a man's lifetime risk of dying from this cancer is very low: about 1 in 5,000.
- Young men between the ages of 15-35 are at the highest risk for testicular cancer. However, it can occur in men of any age.
- Scientists have found few risk factors that make someone more likely to develop testicular cancer. Most boys and men with testicular cancer don't have any of the known risk factors.
- Risk factors for testicular cancer include an undescended testicle, a family or personal history of testicular cancer, HIV infection, carcinoma in situ of the testicle, and being of a certain race/ethnicity (testicular cancer is 4.5 times more common in white men versus black men; the risk for Hispanics, American Indians and Asians falls between that of white and black men).
- Men themselves, not doctors, find most testicular cancers as a painless lump or an enlargement or hardening of the testicle.
- Beginning monthly testicular self-exams after puberty can help you familiarize yourself with your testicles and help you detect any changes or abnormalities.
 - If you do notice any lumps or changes, it is important to see your healthcare provider promptly!
- Some men with testicular cancer have no symptoms at all, and their cancer is found during medical testing for other conditions.
- Other warning signs of testicular cancer include enlargement of a testicle; significant loss of size in one of the testicles; a feeling of heaviness in the scrotum; a dull ache in the lower abdomen, back, or in the groin; a sudden collection of fluid in the scrotum, pain or discomfort in a testicle or in the scrotum, and enlargement or tenderness of the breasts.
- If you have found a new lump or bump or are experiencing any of the signs of testicular cancer, contact your healthcare provider right away.

Source: Testicular Cancer Society (testicularcancersociety.org), American Cancer Society (cancer.org)