



TESTICULAR HEALTH

Promoting cancer awareness & early detection

Taking Control of Your Health

Cancer is most curable in its early stages. At the Barbara Ann Karmanos Cancer Institute, we know that routine screenings save lives every day. Advocate for your health and talk with a health care provider about a testicular examination.

What is testicular cancer?

- Testicular cancer is the growth of cancer cells in one or both of the testicles.
- The testicles are located in the scrotum and produce sperm and testosterone.
- Testicular cancer is one of the most treatable and curable forms of cancer.



Regular self-exams will help you become familiar with what is normal and what is different for your body.

Who can get testicular cancer?

- Men ages 20-54 are the most likely age group to develop testicular cancer.
- Any man can develop testicular cancer, although there are certain factors that increase your risk. Risk factors include:
 - History of an undescended testicle.
 - A history of testicular cancer increases the risk for developing cancer in the other testicle.
 - HIV infection.
 - A family history of testicular cancer.

What are the symptoms of testicular cancer?

- A painless lump or swelling in a testicle.
- An enlarged testicle, or a change in the way a testicle feels.
- A dull ache in the lower abdomen or groin.
- A feeling of heaviness or pain in the scrotum.
- Swelling or tenderness of the breast.

How do I get checked for testicular problems?

- The American Cancer Society recommends that men should have a yearly testicular examination as part of a general physical examination by a health care provider.

How do I lower my risk for testicular cancer?

- Be aware of testicular changes (swelling, lumps or pain) and report them to a healthcare provider.



**Be aware of changes
in your testicles. See a
health care provider every year
and discuss your cancer risk
and screening needs.**

*This information is intended to serve as guidelines only. Screening needs vary for each individual depending on your overall cancer risk. Please consult with a physician to decide what screenings are right for you and to make an informed decision.

Did you know? The five-year relative survival rate for all men with testicular cancer is 95 percent.

FOR MORE INFORMATION

If you would like to learn more about any of these topics, please visit karmanos.org.
To make an appointment or to reach the Patient & Community Education department call **Karmanos** at 1-800-527-6266.
Reliable information is also available from the following sources:

American Cancer Society
877-ACS-2345
Cancer.org

National Cancer Institute
800-4-CANCER
Cancer.gov



CANCER INSTITUTE

Wayne State University

