

What is Testicular Cancer?

Testicular cancer is a type of cancer that originates in the testicles, which are the male reproductive glands located in the scrotum. Although it is rare, it is the most common cancer in men aged 15-35.

Symptoms to Watch For

Early detection is key to successful treatment. Pay attention to these common symptoms:

- **A lump or swelling** in either testicle (usually painless)
- **Heaviness or aching** in the lower abdomen or scrotum
- **Sudden collection of fluid** in the scrotum
- **Pain** in the testicle or scrotum (less common)
- **Breast tenderness or growth** (rarely)

If you notice any of these symptoms, schedule an appointment with your healthcare provider promptly.

Who is at Risk?

Some factors may increase the risk of developing testicular cancer:

- **Age:** Most common in men aged 15-35
- **Family History:** Having a father or brother with testicular cancer
- **Undescended Testicle:** Even if corrected in childhood, the risk remains higher
- **Personal History:** Having had testicular cancer before

Self-Examination Tips

Monthly self-exams are recommended for men in their teens through their 30s:

1. **Best time:** Right after a warm shower when the scrotal skin is relaxed.
2. **How:** Using your fingers, gently roll each testicle between your thumb and fingers, feeling for any lumps or irregularities.
3. **What's normal:** Testicles vary in size, but should feel smooth without hard lumps.

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Diagnosis and Treatment

- **Diagnosis:** Physical exams, ultrasounds, and blood tests are used for diagnosis.
- **Treatment:** Highly treatable, especially when caught early. Options include:
 - **Surgery** to remove the affected testicle (most common treatment)
 - **Radiation Therapy**
 - **Chemotherapy**

Discuss with your healthcare provider which treatment plan is best suited for you.

What to Expect After Treatment

- **Regular Checkups:** Regular follow-ups to monitor for recurrence
- **Fertility Considerations:** Speak with your provider about sperm banking if concerned about fertility
- **Emotional Support:** Counseling and support groups can help manage stress and emotions during recovery

Remember

Early detection saves lives. Regular self-exams and awareness of your body can make a big difference. If you notice changes, don't hesitate to reach out to your healthcare provider.

For more information, contact your healthcare provider or visit reputable sites like the American Cancer Society at [cancer.org](https://www.cancer.org).

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