04 DIAGNOSTIC EXAMINATIONS

Most tumors in testicles are first noticed from the patients themselves either randomly, or self-examination during which they notice a nodule about the size of grain of rice, which rarely causes pain.

Clinical examination
Depending on the symptoms and the findings the doctor will proceed with further imaging and hematological testing.

Ultrasound

Blood tests for biological cancerous indicators, hormones etc

05 TREATMENT

- Surgery for removing the testicle

Choices for supplementary therapy for testicular cancer are determined by the histological type and the stage of the tumor.

The most common supplementary therapies are:

- Chemotherapy
- Radiotherapy

06 PREVENTION

The general recommendation that is given are the adoption of the European Code against cancer which includes:

- Avoid smoking or being exposed to passive smoke in general
- Retain a healthy body weight
- Daily exercise
- Adopt a healthy dietary

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TESTICULAR CANCER

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TESTICULAR CANCER

SELF-EXAMINATION METHOD OF TESTICLES

Self-examination of the testicles is simple and it is recommended to young men to do it once a month. The best time to self-test testicles is right after a warm bath or shower. The skin of the scrotum is more relaxed during that time and the testicles can be easily palpated. The examination lasts for a few minutes.

FOLLOW THE BELOW STEPS:

1.

Test one testicle at a time using both hands

2.

Hold the testicle between the thumbs and two fingers of both hands and do slow rotations between your fingers

3.

If you notice any of the following, visit your doctor as soon as possible!
- *Hard masses*
- *Round masses*
- *Changes in the shape or size*

Self-examine yourself once a month. The possibility of surviving testicular cancer is increased when the disease is detected at early stages.

01

What do we know about **testicular cancer?**

Testicular cancer is a rare type of cancer. Chances of having testicular cancer is 1-2% in men and boys. The types of testicular cancer are divided in two categories, depending on their origin: seminomatous and non – seminomatous tumors.

Due to the progress of therapeutic treatment, testicular cancer is considered as curable type of cancer with a success rate bigger than 95% of the cases. It should also be noted that the patients can retain their sexual and reproductive ability after their treatment. Even in cases where the cancer has spread in other parts of the body, there is still a much bigger possibility of curing in comparison to other types of cancer.

TESTICULAR FUNCTION

Men have two testicles which are part of their reproductive system. The testicles are located in a sac called the scrotum and they produce sperm and testosterone. Testosterone is the hormone which helps in the development of the reproductive organs of the man.

It is a rare type of cancer with a chance of 1-2% of development in men and boys.

It is considered as a curable type of cancer with a success rate bigger than 95% of the cases.

02 RISK FACTORS

AGE
It usually appears in teenagers and men up to the age of 35 years old, even though it could appear at any age.

CRYPTORCHIDISM
International researches proved that men with cryptorchidism, are five to ten more possible of developing testicular cancer.

FAMILY HISTORY
In case the father or brother have testicular cancer, the risk of developing testicular cancer is increased. However, this does not mean that the person will indeed develop cancer. Usually, most men with testicular cancer do not have family history of the disease.

PERSONAL HISTORY
Men who developed cancer in one of the testicles are more likely to develop cancer on the other testicle as well. The rate of developing cancer in the other testicle is up to 2%.

HIV INFECTION
Men with HIV infection or acquired immunodeficiency are in more risk of developing seminoma.

03 MAIN SYMPTOMS

- Painless swelling or edema in testicles
- Pain, discomfort or feeling of numbness
- Small palpable nodule about the size of grain of rice or a pea
- Pain in the abdomen or groin area
- Sudden collection of liquid in scrotum
- Sensitivity or pain in breasts