Testicular Cancer

A Man's Guide to Health Checkups
Learning Objectives

Students should be able to:
• Identify symptoms
• Recognize the difference between seminomas vs. nonseminomas
• Know the 3 types of treatments
• Be familiar with the available interventions
Etiology: Causes and Symptoms

Causes:
• Still unknown
• Research has targeted everything from physical activity to birth mother’s weight

Symptoms:
• Painless or painful lump in the testicle
• Heaviness, or feeling of swelling in the scrotum
• Discomfort or pain in the scrotum
• Ache in the lower back, pelvis or groin area
• Collection of fluid in the scrotum
Forms of Testicular Cancer

- Seminomas and nonseminomas
- 90% of testicular cancer
- Seminomas occur from late 30s to mid 50s
- Nonseminomas occur in late teens to early 40s
- Main difference is appearance and rate of growth
Prevention

- Monthly exams
  - After a warm shower or bath
  - Use both hands to examine each testicle
  - Feel for any lumps
  - Be aware of any change in size, shape or consistency on the testes
Treatment

• Get a second opinion before getting treatment
• Three types of treatments
  – Surgery
  – Radiation Therapy
  – Chemotherapy
• Side effects of treatment
Risk Factors

- Young Age
- Personal history of testicular cancer
- Family history of testicular cancer
- Race
• 8,980 new cases for testicular cancer in the US 2004
• 8,890 new male cases for testicular cancer in the US 2004
• 1,648 new cases in England 2000
• 360 estimated male deaths for testicular cancer in the US 2004
• 96% of white people survive 5 years for testicular cancer in the US 1992-99
• 87% of African American people survive 5 years for testicular cancer in the US 1992-99
Intervention

• A cancer related check up is recommended every 3 years for men aged 20 – 40 and every year 40 years and older
• Keep yourself as healthy as possible.
• Be alert to changes in your body.
• Don’t put off seeing your doctor if you detect any changes.
• If your child is diagnosed with Cryptorchidism (undescended testicles) see your doctor immediately to schedule an orchiopexy.

• Any Questions???
Review Questions

• Stomach cramps is not a symptom of testicular cancer.  T/F

• Nonseminomas occur in late ______ to early ______.

• Prevention includes yearly or monthly exams? (circle one)

• List the three types of treatments.  
  1)_________2)_________3)_________

• Risk factors include:  
  a) race and young age  b) personal history  
  c) family history  d) all of the above