

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**



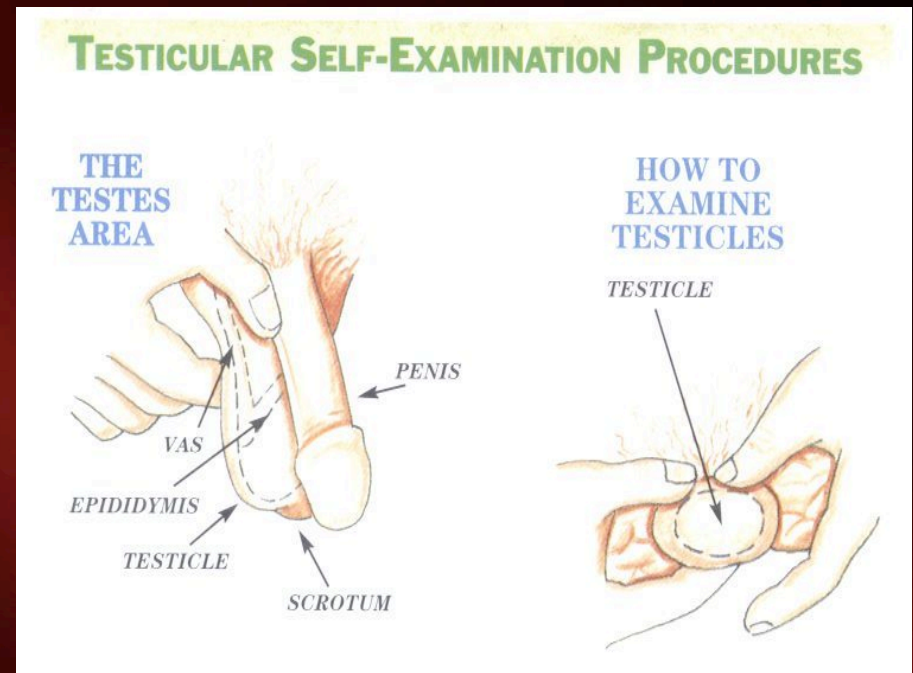
Normal Testis



SEMINOMA OF THE TESTIS

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

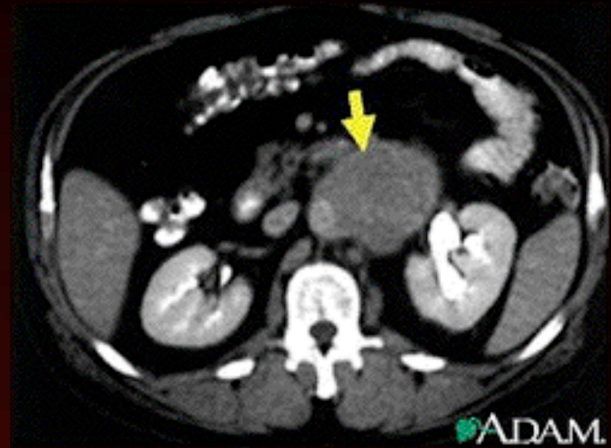


Treatment

- **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

Statistics

- **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