

Signs and Symptoms of Testicular Cancer

EARLY DETECTION IS KEY!

The self exam is quick, painless, and should be done once a month.

Look for:

- changes in size (swelling or shrinking of the testes)
- lumps (can be painful or not painful at all)
- aches/discomfort/pain in the groin, scrotum or testicle
- feeling of heaviness in the scrotum
- lower back pain
- swelling or enlargement of breasts or tenderness
- sudden buildup of fluid in the scrotum
- shortness of breath and/or chest pain
- ...as all could be symptoms of cancer.

However, these symptoms do not mean you have cancer.

Go to a doctor as soon as possible to be properly diagnosed if any of these persist and progresses

Some men may have no symptoms at all.

Causes of Testicular Cancer: Who is Vulnerable?

Almost all testicular cancers begins in germ cells. A cell will develop an abnormality. When the cell reproduces, the new cells also have the mutation. This group of cells with uncontrolled growth continue to replicate and may form a mass, or lump.

It is unknown what causes the abnormalities in germ cells.

Though the causes of testicular cancer are largely unknown some risk factors have been linked with testicular cancer. Still, most men diagnosed with testicular cancers do not have any known risk factors.

- A risk factor is anything that increases the likelihood of developing a disease.

Personal history of testicular cancer:

Men who have previously had testicular cancer are at increased risk to develop it in the other testicle.

Age:

Testicular cancer is most common among men aged 15-35, but **all men of all ages** are vulnerable!

Approximately 50% of the cases of testicular cancer occur in men between the ages of 20 and 34.

Race:

Though data does not explain why, data does show that white men are more likely to get testicular cancer than men of other races.

Family history:

Research shows men with a family history of testicular cancer are more at risk, though rarely do men diagnosed have any family history of the cancer.

Medical history:

Males born with an undescended testicle are at increased risk. Approximately 3% of males are born with this condition. One or both of the testicles did not descend from the abdomen into the scrotum before birth, as is normal. In many cases, the testicle will descend into the scrotum during the first year of life. If this does not happen, surgery may be needed to bring the undescended testicle out of the abdomen.

Though not understood why, diagnosis of HIV or AIDS puts the man at increased risk for developing testicular cancer.

Diseases which cause abnormal testicular development increase the likelihood of a man developing TC.

Talk to your doctor about anything out of the ordinary—better to be safe than sorry. Even if it is embarrassing, it will allow you peace of mind.

<http://www.cancer.org/cancer/testicularcancer/overviewguide/testicular-cancer-overview-what-causes>

<http://www.cancerresearchuk.org/cancer-help/type/testicular-cancer/about/testicular-cancer-risks-and-causes>

<http://www.mayoclinic.org/diseases-conditions/testicular-cancer/in-depth/CON-20043068>

<http://www.cancer.net/cancer-types/testicular-cancer/symptoms-and-signs>