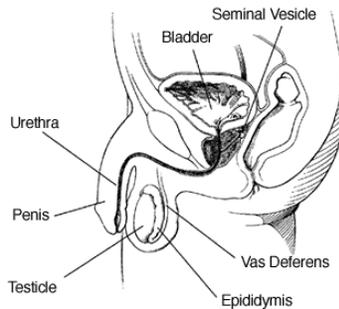


# Testicular Cancer

The testicles are the male sex glands which produce testosterone and sperm. Testicular cancer occurs when cells in one or both testicles grow uncontrollably and abnormally, spreading to other parts of the body. Testicular cancer is much less common than prostate cancer, but is the most common cancer in younger men, ages 20-35 years old, but can occur any time after age 15, so all men should be aware of it.



## **Risk Factors for Testicular Cancer May Include:**

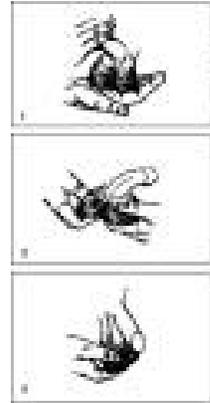
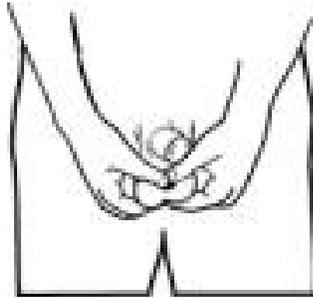
- ✓ having an undescended or partially descended testicle,
- ✓ having had abnormal development of the testicles,
- ✓ having a personal or family history of testicular cancer,
- ✓ having Klinefelter's syndrome (a genetic disorder in males), and
- ✓ being white.

## **Symptoms of Testicular Cancer May Include:**

- ✓ painless lump or swelling in either testicle,
- ✓ change in how the testicle feels,
- ✓ a dull ache or feeling of heaviness in the lower abdomen or groin,
- ✓ a sudden build-up of fluid in the scrotum,
- ✓ pain or discomfort in a testicle or in the scrotum,
- ✓ enlargement and/or tenderness of the breasts

## **How to Detect Testicular Cancer:**

Testicular cancer is one of the most curable forms of cancer with early detection and treatment.



- ✓ monthly testicular self-exams after puberty (you should ask your doctor how to do it),
- ✓ men should ask their doctors about physical exams, which would include checking the testicles for lumps, swelling or pain,
- ✓ a blood test, called a serum tumor marker test, can detect substances released into the blood stream if a man has testicular cancer,
- ✓ ultrasound tests can also detect possible cancerous growths.

### **For more information, please contact:**

Newcomers Health Program  
1490 Mason St. #107  
San Francisco, CA 94133-4222  
(415) 364-7647  
[www.dph.sf.ca.us/CHPP/newcomers/newcmrs.htm](http://www.dph.sf.ca.us/CHPP/newcomers/newcmrs.htm)

Or  
American Cancer Society  
1-800-ACS-2345  
[www.cancer.org](http://www.cancer.org)

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