

Testicular Cancer

Testicular cancer is one of the most treatable and survivable types of cancer if detected early. Testicular cancer occurs when cells in a testicle become cancerous. A disease most often associated with young men, testicular cancer is often diagnosed in men ages 20 to 34. The disease is essentially unpreventable as most risk factors are present at birth, and men with no risk factors can also be diagnosed with testicular cancer. However, if detected and treated in early stages when the cancer is only in the testicle, testicular cancer patients have a 99 percent chance of survival after five years. Most cases of testicular cancer are initially identified by the patient, making self-observation critical to early detection.

Statistics

- In 2021, an estimated **9,470 new cases** of testicular cancer and **440 deaths** from the disease will occur in the United States.
- In Texas, an estimated **830** men are expected to be diagnosed with testicular cancer, with **39 deaths** from the disease in 2021.
- Testicular cancer is a rare form of cancer. About **one in 250** males will have testicular cancer in his lifetime, and an estimated **one in 5,000** men will die from the disease. The rate of testicular cancer cases has increased over many decades, but the rate of increase has slowed recently.

Risk Factors

- **Age:** Men between the ages of 20 and 34 account for about half of all testicular cancer cases.
- **Family History:** Men with close relatives (father or brother) who have had testicular cancer face an increased risk for the disease. Klinefelter's syndrome is inherited and is an increased risk for testicular cancer. Men who have had cancer in one testicle are at increased risk to develop cancer in the other testicle.
- **Race:** In the United States, Caucasian men are more likely to develop testicular cancer than men of other races.
- **Undescended Testicle:** Men who have one or two undescended testicles face a significantly increased risk for testicular cancer. Surgery to correct an undescended testicle may decrease the risk if performed early in childhood.
- **Carcinoma in Situ:** Having carcinoma in situ can lead to the development of invasive cancer.
- **HIV/AIDS:** Men with HIV and AIDS may have an elevated risk of testicular cancer.

Symptoms

Many cases of testicular cancer are detected by men who report unusual symptoms to their physicians. Monthly self-checks are very important for early detection of testicular cancer. If any of the following symptoms are present, men are encouraged to consult their physician for proper testing.

- Sudden build-up of fluid in the scrotum
- Change in feeling of a testicle
- Blood clots, which can cause swelling of legs
- Discomfort in the groin or lower abdomen area
- Swollen testicles or scrotum or a lump with no pain
- Pain, numbness, or discomfort in the testicle or scrotum area
- Heavy feeling in the scrotum
- Growth or tenderness of breast tissue
- Lower back, chest, or abdominal pain
- Shortness of breath
- Bloody sputum or phlegm
- Coughing up blood
- Headaches or confusion
- Signs of puberty at an abnormally young age

Treatment Options

Treatment options vary depending on how advanced the cancer is and if it has spread to other parts of the body. Physicians will determine the most appropriate treatment for each patient, but possible treatment options include surgery, radiation therapy, chemotherapy, stem cell transplant, and palliative care. Some treatments can cause infertility. Patients should talk with a physician about options to preserve fertility or bank sperm.

About Texas Oncology

Texas Oncology is an independent private practice with more than 500 physicians and 210 locations across the state. Meeting the oncology needs of Texans for more than 35 years, the practice includes Texas Center for Proton Therapy, Texas Breast Specialists, Texas Oncology Surgical Specialists, Texas Urology Specialists, and Texas Center for Interventional Surgery. As a lead participant in US Oncology Research, Texas Oncology played a role in the development of more than 100 FDA-approved therapies. For more information, visit www.TexasOncology.com.

