

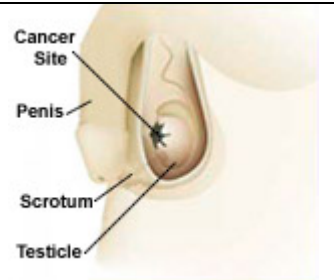
Testicular cancer

How common is cancer of the Testicle?

It is one of the most common cancers in young men aged 18-35 years. Approximately one in 280 Irish men will develop testicular cancer.

What is the testicle?

Behind and below the penis is the scrotum-the hanging skin and muscle which contains the testicles (balls). The Testicles produce the sperm.



Who is at risk?

The risk is much greater if one testicle is missing or has not come down into the scrotum. If you have noticed this condition, see your Doctor because it can be corrected easily.

What are the symptoms?

The first warning is generally a swelling, or lump, in one of your testicles. This may be painful, but usually is not. Most lumps found in the testicle turn out indeed not to be cancer. An ache or “dragging” sensation in the Testicle should also not be ignored.

What you can do.

Early discovery means certain cure – you should examine yourself once a month. The best time is after a warm bath or shower. Gently roll each testicle between the thumb and fingers using both hands. Make a habit of doing this simple test-it only takes a minute. .

If you notice any lump, hardness or change in one or both testicles see your Doctor. It is most likely to be harmless, but only a Doctor can decide.



What is the treatment for testicular cancer?

Initial treatment may consist of the removal of the abnormal testicle. After surgery, some patients will require post operative radiotherapy and some will require chemotherapy. Chemotherapy has a mayor role to play in treatment and is extremely effective even in advanced disease.

Surgery: removal of the abnormal Testicle.

Radiotherapy: the use of radiation treatment to destroy cancer cells.

Chemotherapy: the use of drugs that kill cancer cells.

Future Fertility

Treatment for testicular cancer should not normally affect your sex life. The occasional patient may have problems with infertility before diagnosis of testicular cancer. For those who are fertile there is little risk of their fertility being damaged irreversibly by the treatment. A period of 12 to 24 months of diminished fertility after treatment is usual, however. Chemotherapy programmes now adopted are much less likely to affect fertility. Impotence is extremely rare.

Removal of one testicle does not normally affect fertility. It is rare to have the disease in both testicles, and if one testicle has to be removed, the remaining testicle tends to make enough sperm to compensate for the loss.

Men who have been treated for testicular cancer have fathered several hundred children over the last decade and there is no evidence of any genetic risks to your offspring from the treatment.

Support group

A men's cancer support group - *Men against cancer* - has recently been established.

If you would like to contact this group or would like further information –call the Irish Cancer Society Helpline on 1-800-200-700

With special thanks to the Irish cancer society