

## How is Testicular Cancer diagnosed and treated?

Treatment for testicular cancer depends on the type of cancer and whether or not it might have spread to other parts of the body. Your doctor will perform a physical check, and if there are concerns will arrange an ultrasound scan.

A urologist (medical specialist) will complete the diagnosis and advise the best treatment considering:

- Your general health
- The type of testicular cancer
- The size of the tumour
- The number and size of any lymph nodes involved
- If the cancer has spread to other parts of the body.

In most cases of testicular cancer, the affected testicle is surgically removed in an operation called an orchidectomy. Sometimes further treatments such as chemotherapy and radiotherapy may be required to eradicate any cancer cells that may have spread around the body. There may also be a need for further surgery.

Following treatment most men can still have a normal sex life and father children and are often provided with a prosthetic testicle in place of the one removed.

## What you need to know

Testicular cancer is the #1 cancer in young men.

Don't ignore any lumps or swelling in a testicle – get it checked out.

Check yourself every month and know what is your normal.

Testicular cancer is very curable, especially when diagnosed early.

## About Testicular Cancer NZ

Testicular Cancer NZ operates under the auspices of the Prostate Cancer Foundation of New Zealand Inc (PCFNZ), the lead male cancer charity.

### Information Service

Phone 0800 660 800 | Email [infoservice@testicular.org.nz](mailto:infoservice@testicular.org.nz)

### Acknowledgement

Information for this brochure was gathered from several sources including “Below the Belt” published by ANZUP and websites linked to Movember.

### Make a Donation

All donations \$5 and over are tax deductible and enable PCFNZ to develop services for men and families with testicular cancer.

Donations can be made on <https://testicular.org.nz/donate/>

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# Detection is in your hands

What you need to know  
about testicular cancer



**TESTICULAR  
CANCER NZ**

# Don't ignore any lumps or swelling in a testicle – get it checked out!

## What is Testicular Cancer?

Testicular cancer occurs when abnormal cells develop in the testes. Usually only one testicle is affected, but in some cases both. About 90 to 95% of testicular cancers start in the cells that develop into sperm – these are known as germ cells.

Compared to other types of cancer, testicular cancer is rare. But it is the most common cancer in young men 18-39 years (excluding non-melanoma skin cancer).

In New Zealand, about 150 men are diagnosed and 7-10 men die from testicular cancer each year.

Testicular cancer is very treatable even when the cancer has spread beyond the testicle to other parts of the body. The 5-year survival rate for men diagnosed with testicular cancer is over 95%.

## What are the Testes (or testicles)?

They are two small organs found inside the scrotum, the pouch of skin under the penis. They are part of the male reproductive system and are responsible for making sperm. They also produce testosterone, an important hormone during male development and maturation and also aids the development of muscles, deepening of the voice, and growth of body hair.

It's normal for one testicle to be lower than the other. It's nature's way of allowing you to cross your legs without screaming!

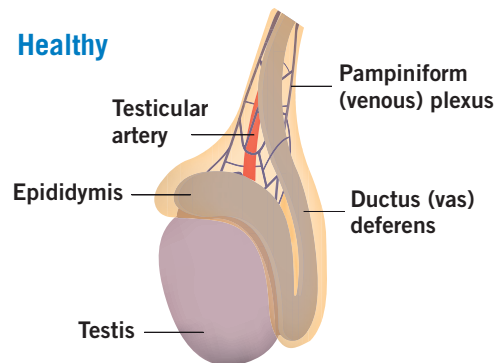
## Two Types of Testicular Cancer

When testicular cancer cells are viewed under the microscope there are two main types – seminoma and non-seminoma cells which are quite different when observed.

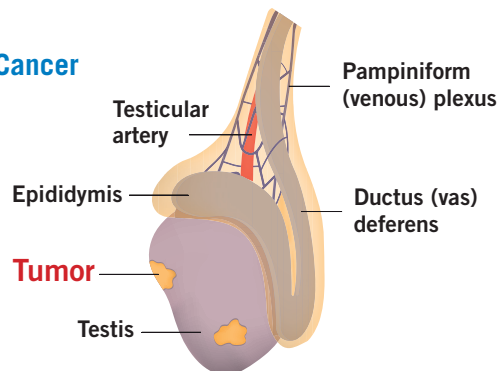
Seminoma cells usually occur in men aged 25-45 but can also occur in men over 60 or at any age. This form of testicular cancer develops more slowly and are usually confined to the testes but lymph nodes may also be involved.

Non-seminoma cells are a faster developing and will spread to other parts of the body. This type occurs more often in younger men in their late teens and early 20s.

### Healthy



### Testicular Cancer



## What are the symptoms?

The most common symptom is a painless swelling or lump in the testicle. Other less common symptoms include:

- Feeling of heaviness in the scrotum
- Change in size or shape of the testicle
- Pain or ache in the lower abdomen, the testicle or scrotum
- Sudden fluid collection in the scrotum
- Back pain
- Tenderness in testicle or the breast tissue (due to hormones created by cancer cells).

It is very important to see a doctor when noticing any of these signs or symptoms. It may not be cancer but needs to be checked out.

## Risk Factors for Testicular Cancer

These are some of the risk factors for testicular cancer, but the definite causes are still unknown:

- An undescended testicle as an infant
- Family history of testicular cancer
- Abnormal testicular development

There is no known link between testicular cancer and injury to the testicles, hot baths, wearing tight clothing or sporting strains.

In New Zealand there is a higher rate of testicular cancer in young Maori men but the reasons are not known.