

TESTICULAR CANCER

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- Testicular cancers are among the most curable of all cancers.
 - At 5 years after diagnosis, over 95% of patients are alive.
- Typically affects men between the ages of 15 and 35.
- Usually present as a painless lump or swelling of one of the testicles, though in some cases there can be pain associated with it.
 - If you have any of these symptoms, you should see your doctor.
- Men with a history of an undescended testicle (cryptorchidism) are at an increased risk of developing testicular cancer.
- The evaluation for testicular cancer will typically start with a physical exam, an ultrasound of the testicle, and referral to a urologist.
 - If there is enough concern for testicular cancer, then the next steps will typically be blood work,
 - CT scans, and surgery to remove the affected testicle (orchiectomy).
- Depending on the results of all these tests, your physician will determine what stage and type of testicular cancer you have. One of several treatment options will then be recommended. These include surveillance (close follow up to ensure there is no recurrence of cancer), radiation, surgery to remove several lymph nodes in your abdomen (RPLND), or chemotherapy. This may require referral to a radiation oncologist (physician that treats cancer with radiation) or a medical oncologist (physician that treats cancer with medications). The goal in every case is to either cure the cancer, or to improve upon the chance of achieving a cure.

Additional resources:

<https://www.cancer.gov/types/testicular>

<https://www.cancer.org/cancer/testicular-cancer.html>

<https://www.uptodate.com/contents/testicular-cancer-beyond-the-basics>

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