

# Testicular Cancer

## What Is Testicular Cancer?

Testicular cancer occurs when abnormal cells in one or both testicles begin to grow uncontrollably. It is one of the less common cancers, but it mainly affects younger men between the ages of 15 and 49.

## Symptoms

Symptoms may include:

- A lump or swelling in either testicle (often painless).
- A dull ache or heaviness in the scrotum.
- Pain or discomfort in the testicle or scrotum.
- Changes in the size or shape of the testicle.
- A feeling of heaviness in the scrotum.
- Fluid collection in the scrotum (hydrocele).
- Lower back pain (if the cancer has spread).

## Treatment Options

Treatment depends on the type and stage of the cancer but typically includes:

- **Surgery:** Removal of the affected testicle (orchietomy).
- **Chemotherapy:** Drugs to kill cancer cells.
- **Radiation therapy:** High-energy rays to target and destroy cancer cells.
- **Surveillance:** Monitoring with regular check-ups to ensure the cancer has not returned.

## Management

- **Diagnosis:** Through physical exams, ultrasounds, blood tests, and possibly biopsy.
- **Surgery:** Orchietomy to remove the affected testicle.
- **Further treatment:** Chemotherapy or radiation if the cancer has spread.
- **Monitoring:** Regular follow-ups to monitor for recurrence.

## Risks Associated With Treatment

- **Infertility:** Removal of one testicle may affect fertility.

- **Psychological impact:** Emotional distress and body image concerns.
- **Side effects:** Nausea, hair loss (with chemotherapy), and fatigue.

## Recovery

- **Physical recovery:** Typically quick after surgery, with minimal long-term effects.
- **Emotional support:** Counselling or support groups for coping with the diagnosis.
- **Monitoring:** Regular check-ups to monitor for any signs of recurrence.

## Why Choose Birmingham Urology Centre

Early detection and prompt treatment significantly increase the chances of a cure for testicular cancer. At Birmingham Urology Centre, our experienced urologists provide comprehensive evaluation and treatment for testicular cancer. We use the latest diagnostic tools and techniques to ensure accurate diagnosis and effective treatment plans tailored to your needs.

**Contact us** today to book an appointment or for more information on testicular cancer and treatment options.