



Fact Sheet

2005

Student Health Services Texas A&M University

Testicular Cancer

- Cancer of the testicle is very rare, affecting only 1 out of every 10,000 American men aged 15-35. Still, it is the most common cancer found in this age group.
- If you find that one of your testicles is much larger or firmer than the other, or if you find a lump, whether painful or not, don't panic. The problem is usually not cancer, but you'll need to see your doctor to make sure.
- Luckily, even if it is testicular cancer, in most cases it can be cured. There are often no long-term effects on sexual function or on future ability to father children.
- The cause of testicular cancer is not well understood. The most important known risk factor for testicular cancer is a history of one of your testicles not moving into your scrotum properly before you were of school age. However, most men who develop testicular cancer do *not* have this risk factor.
- Ignoring any changes in your testicles or not seeing a doctor or nurse right away could make whatever problem you may have more difficult to treat successfully.
- So, if one of your testicles seems much larger or harder than the other one, or if you find a lump, get it checked out by a doctor.
- Only one 1 in 10,000 American men will die of cancer before the age of 40. The leading causes of death in young American men are car accidents, violence, and AIDS.
- However, half of all American men will eventually develop some type of cancer in their entire lifetime, and one-quarter will die from some form of cancer.
- Most adult cancers can be prevented by avoiding tobacco, by eating more fruits and vegetables and less fat, and by being more physically active.
- The most important things a young man can do to avoid cancer later on are to not use tobacco and live a healthy lifestyle.

**For more information about the Testicular Self Exam, go here! [Testicular Self Exam](#)
Information provided by The American Cancer Society (www.cancer.org)**