



What is testicular cancer?

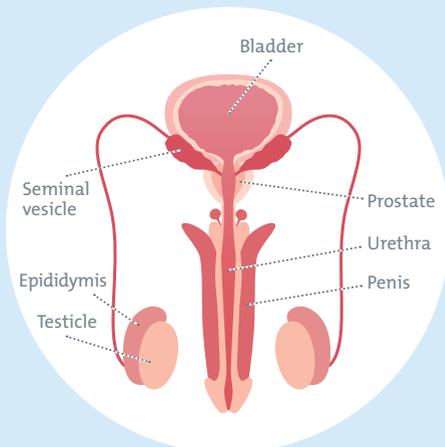
Though testicular cancer is rare, it is one of the most commonly diagnosed types of cancer for men aged between 20 to 40 years old. Testicular cancer occurs when cells grow uncontrollably and form cancerous tumours anywhere in the testicles.

Signs and symptoms

To help you to notice signs and symptoms earlier, it is good to become familiar with the look and feel of your testicles.

Signs of testicular cancer can include:

- > painless swelling in one or both testicles
- > a lump in the testicle
- > a change in the size of one or both testicles
- > back or lower abdomen pain.



Common tests used to diagnose testicular cancer

To investigate your health concerns, your urologist or doctor may schedule one or more of the following tests.

Testicular exam

If you have testicular lumps or swelling, your doctor will likely examine your testicles. We understand you may feel uncomfortable during this examination, but please be reassured that this is a common examination your doctor has likely performed hundreds of times for their patients.

Blood tests

Blood tests are used to look for three tumour markers: alpha-fetoprotein (AFP), human chorionic gonadotropin (HCG) and lactate dehydrogenase (LDH). These are checked as part of the diagnosis of testicular cancer.

Imaging tests

Depending on symptoms, your doctor and care team may schedule imaging tests to assess or diagnose your cancer. Your doctor may schedule an ultrasound, CT or MRI scan to investigate a testicular lump.

Orchiectomy surgery

A formal diagnosis of testicular cancer is made after a surgery to remove the affected testicle. A sample will be examined under a microscope to confirm cancer is present.

This surgery is known as an orchiectomy surgery and is also a treatment option for testicular cancer.

Treatment options

Following a diagnosis of testicular cancer, your urologist, oncologist and cancer care team will create a treatment plan tailored to the specific stage and type of testicular cancer.

Orchiectomy surgery

Orchiectomy surgery is a common treatment for testicular cancer and typically takes an hour to perform under general anaesthetic. This surgery aims to stop the cancer from spreading by removing one or both testicles.

Chemotherapy

Chemotherapy is a common form of treatment involving the use of anti-cancer drugs to attack cancer cells. If cancer has spread to other organs, chemotherapy is often used alongside testicular cancer surgery.

We understand treatment can have an impact on your self-esteem and sex life. To understand how we support our patients through these challenges, please ask us about our cancer rehabilitation services.

Your care team

Generally, a urologist will coordinate and lead your testicular cancer care. You will also be supported by nursing and allied health staff and may see other specialists such as a medical oncologist or fertility specialist.

Your care team is here to provide you with comprehensive treatment, access to talented, caring specialists and support for you, and your family, during this challenging time.

Why choose Epworth for cancer care?

No one wants to experience cancer. *Our goal is to support you.*

You can expect a trusted specialist who will listen to your concerns and discuss the latest treatment options available for you to choose from. You will receive care in comfortable, nurturing spaces where your loved ones can be a part of your journey.

Your own team of experts — doctors, nurses and allied health professionals — will focus on your wellbeing. **Ask your GP for a referral to Epworth.**

The testicular cancer pathway at Epworth

Information to help you feel prepared for your next steps.

> Symptoms

Speak to your GP if you experience symptoms of testicular cancer.

> Diagnosis

Your GP can refer you to Epworth to access several diagnostic tests for testicular cancer investigation.

> Treatment

Epworth specialists are here to help you understand your treatment options so you can make an informed choice of treatment.

> Rehabilitation

Holistic rehabilitation programs are available before, after or during treatment, tailored to your individual needs.

> After treatment

Life after testicular cancer treatment can pose its own challenges but our Epworth specialists are here to support you.

Choose your Epworth testicular cancer specialist



Click
or scan the
QR code



- > Urologists
- > Radiation oncology service
- > Medical oncologists

Epworth locations for cancer care

We are Victoria's largest not-for-profit private hospital group, renowned for excellence in diagnosis, treatment, care and rehabilitation. You will find specialist wards, imaging, pathology, and more, all onsite.

Get access to:

- > Your choice of specialist and location.
- > Timely screening, investigation and diagnosis.
- > Treatment (including surgery, chemotherapy, radiation therapy, targeted treatment and clinical trials).
- > Modern inpatient and day oncology facilities.
- > Multidisciplinary care with experts across specialties.

Epworth Eastern

1 Arnold Street
Box Hill VIC 3128
Phone 03 8807 7100

Epworth Freemasons

109 Albert Street
East Melbourne VIC 3002
Phone 03 9483 3833

Epworth Geelong

1 Epworth Place
Waurm Ponds VIC 3216
Phone 03 5271 7777

Epworth Richmond

89 Bridge Road
Richmond VIC 3121
Phone 03 9426 666

To become an Epworth patient, ask your GP for a referral to an Epworth specialist.



For more information about testicular cancer visit epworth.org.au/oncology