

Testicular cancer

Testicular cancer develops in one or both testicles. This is more common in young and middle-aged men. It is worth mentioning that a health history can affect the risk of developing it.

Location

The testicles are part of the male reproductive system. They are located inside the scrotum, a loose bag of skin under the penis. Its function in the body is to produce male sex hormones and sperm for reproduction.

Risk factors

Among the risk factors are:

- Abnormal testicular development.
- Family history of testicular cancer.
- Exposure to certain chemicals.

Symptoms

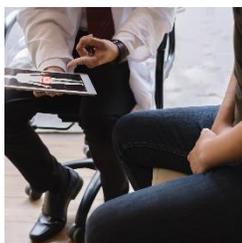
Some of the symptoms that may occur are:

- Swelling in either testicle.
- Pain in the abdomen or back.
- Enlargement of a testicle.
- Pain in one testicle or heaviness in the scrotum.

Diagnosis

To diagnose testicular cancer, the doctor may perform:

- Chest x-ray
- Physical examination
- Ultrasound of the scrotum
- CT scan of the abdomen and pelvis



Treatment

Testicular cancer can usually be cured. Some of the treatment options are:

- Orchiectomy (removal of the testicle)
- Radiotherapy
- Chemotherapy

Follow-up care after testicular cancer treatment is extremely important.

Prevention

Performing a testicular self-examination (TSE) every 30 days can help detect testicular cancer at an early stage, before it reproduces.



Social and Emotional Aspect

For recommendations, tools and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or contact the following telephone lines:

Medical Advice Line 1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health 787-641-9133

References:

<https://medlineplus.gov/spanish/testicularcancer.html>

<https://medlineplus.gov/spanish/ency/article/001288.htm>

Prepared by licensed Health Educators.

Reviewed in December 2024.

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