Yale Urology uses a collaborative and proactive approach to treatment of testicular cancer, along with colleagues at Smilow Cancer Hospital and Yale Cancer Center. Testicular Cancer starts in the testis, a male gland that is part of the male reproductive system. Generally found in men ages 15-44, testicular cancer can be cured when found early. For most men, testicular cancer does not present itself through pain, but instead as a new lump in the testicle.

**Diagnosis**

Testicular cancer is often first discovered during a self-exam or medical exam. Unusual lumps or bumps or a change in texture on one testicle are instances where further examination is required. A more comprehensive physical exam, a testicular ultrasound, and a blood test are common next steps in the diagnosis process. If suspicious, surgical removal of the testis is scheduled to determine if cancer is present.

If cancer is identified, your urologic oncologist will confirm the type of testicular cancer: **Seminoma** or **Non-Seminoma**, which can be monitored closely or require further treatment depending on stage.

Young men should be aware of testicular cancer. When it is detected early, it is curable, with minimal treatment.

**Appointments:** (203) 785-2815
TREATMENT OPTIONS

Depending on the type and stage of testicular cancer, your care team will work with you to determine the appropriate course of action, which can include: surveillance, surgery, radiation, or chemotherapy. With the formulation of any plan, you should speak with your urologist to discuss planning for a family in the future. Infertility is common after some treatments, and sperm banking is available through the Yale Fertility Center.

Surveillance
Physical exams, laboratory testing, and imaging on a pre-determined schedule are ways for your urologist to stay on top of changes.

Surgery
Surgery to remove one of the testes is required to diagnose cancer, and it can also treat early stage cancer. After surgery, surveillance will continue to ensure the cancer does not return. Surgery to remove involved lymph nodes when cancer has spread beyond the testicle is an effective treatment for more advanced testicular cancers.

Radiation
Used in seminoma cell cancers, radiation will destroy cancer cells in the nearby lymph nodes.

Chemotherapy
For testicular cancer that has spread beyond the testicles or in cases where tumor markers rise after surgery, chemotherapy is advised.

Fertility and Sexual Health
The removal of one testicle should not impact your fertility or sexual health. Over time, the healthy testicle will produce enough testosterone to help you return to normal levels. If you have questions or worries, it is recommended that you discuss them with your doctor.

Coordinated, Personalized Care
As with any treatment, your urologist will listen to your concerns and will help guide you through the decision-making process.

Appointments: (203) 785-2815