



# Men's Health: Testicular Cancer

Testicular cancer is the most common cancer in men under age 35. Fortunately, it's rare compared to other kinds of cancer, and it's very curable. In fact, more than 90 percent of all new cases of testicular cancer will be cured.

Those whose father or brother have had testicular cancer are at greater risk and should do a self-exam each month. For all men, it's important to know the normal look and feel of your body so you can report any changes to your doctor right away. Talk to your doctor about whether or not you should be performing monthly self-exams.

Here are a few common signs of a testicular tumor:

- A painless lump in the testicle
- A feeling of weight in the scrotum
- Testicle swelling (with or without pain)
- Pain or aches in the scrotum, testicle, or groin.

Any lump or firm part of the testicle should be considered a potential tumor until otherwise proven. Of the many men diagnosed with testicular cancer, 75 out of 100 report painless swelling of the testicle. To learn more about testicular and other cancers, check out the National Cancer Institute at [www.cancer.gov](http://www.cancer.gov).