



The Training Brief

Quick Reference mini-training Topics
Testicular Cancer

The purpose of this training topic is to understand the signs and symptoms of testicular cancer.

Discussion

Fact: Firefighters are at a 1.28 greater times increased risk of testicular cancer.

Because testicular cancer usually can be treated successfully, a man's lifetime risk of dying from this cancer is very low: about 1 in 5,000.

A 2006 meta-analysis by Grace LeMasters of 32 firefighter cancer studies noted a two-fold excess for testicular cancer.

Key Points: It cannot be understated about the importance of annual medical exams.

You can download a medical form from our website that highlights the needed medical tests to be done if you're a firefighter.

https://firefightercancersupport.org/wp-content/uploads/2020/01/Primary-care-cancer-evaluations-for-firefighters_HamrockMD_2016_FCSN.pdf

Action: Download and print the form. Bring it to your primary care physician. Discuss the risks firefighters have in regards to occupational cancer.

Make the necessary changes

Researchers have determined firefighters are **twice** as likely to develop testicular than the general public.

Cancer that starts in the testicles is called testicular cancer. The testicles are made up of many types of cells, each of which can develop into one or more types of cancer. It's important to know the type of cell the cancer started in and what kind of cancer it is because they differ in how they're treated and, in their prognosis, (outlook). Doctors can tell what type of testicular cancer you have by looking at the cells under a microscope.

The average age at the time of diagnosis of testicular cancer is about 33. This is largely a disease of young and middle-aged men, but about 6% of cases occur in children and teens, and about 8% occur in men over the age of 55.

Signs/Symptoms:

Most often, the first symptom of testicular cancer is a **lump** on the testicle, or the **testicle becomes swollen or larger**. (It's normal for one testicle to be slightly larger than the other, and for one to hang lower than the other.) Some testicular tumors might cause **pain**, but most of the time they don't. Men with testicular cancer can also have a **feeling of heaviness or aching** in the lower belly (abdomen) or scrotum. Breast growth or soreness (Rare).

Even if testicular cancer has spread to other parts of the body, many men might not have symptoms right away. But some men might have some of the following:

- **Low back pain**, from cancer spread to the lymph nodes (bean-sized collections of immune cells) in back of the belly.
- **Shortness of breath, chest pain, or a cough** (even coughing up blood) may develop from cancer spread in the lungs.
- **Belly pain**, either from enlarged lymph nodes or because the cancer has spread to the liver.
- **Headaches or confusion**, from cancer spread in the brain.

Some men with testicular cancer have no symptoms at all, and their cancer is found during medical testing for other conditions.

Source: American Cancer Society <https://www.cancer.org/cancer/testicular-cancer/detection-diagnosis-staging/signs-and-symptoms.html>