



# Stop testicular cancer early



Testicular cancer is cancer that starts in the testicles. It is most often found in young men, but older men and even children can have it. Cancer of the testicles is not common, and most men survive it. But finding it early makes it easier to treat if you do have it, which is why regular self-exams are important.

## Here's how to do a self-exam and what you're looking for:

1. Warm water helps relax the skin of the scrotum, so it's easier to feel anything unusual. That's why an ideal time to do your exams is after bathing or showering.
2. Use both hands to examine each testicle. Place your index and middle fingers underneath the testicle and your thumbs on top. Roll the testicle between your thumbs and fingers. (It's normal for testicles to be different in size.)
3. During the exam, you may feel a cord-like stretch of skin on top and in back of the testicle. This is the epididymis, which stores and moves sperm. It's normal and not a tumor.
4. Feel for any lumps. Lumps can be the size of a pea or larger. They are often painless. If you find a lump, contact your doctor.
5. Also, check for any change in the size, shape or texture of the testes. Again, if you find something, contact your doctor.

If you feel something strange, don't panic! Not all lumps or changes are cancerous. But to be on the safe side, make an appointment with your doctor.

## Some common symptoms of testicular cancer include:

- A lump in either testicle.
- An enlarged (swollen) testicle.
- A dull ache in the lower stomach area or groin.
- A sudden build-up of fluid in the scrotum.
- A heavy feeling in the scrotum.

If you notice any of these things, see your doctor.

**Most testicular cancers can be cured, even if they've spread.**

## Helpful resources

For health tools and more information, visit WebMD at [webmd.com](http://webmd.com) and search for testicular cancer. Or visit the Testicular Cancer Society at [testicularcancersociety.org](http://testicularcancersociety.org).



Source

American Cancer Society website: Testicular Cancer (accessed March 2015): [cancer.org](http://cancer.org)

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), which underwrites or administers the PPO and indemnity policies; CompCare Health Services Insurance Corporation (CompCare), which underwrites or administers the HMO policies; and CompCare and BCBSWI collectively, which underwrite or administer the POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.

38739ANMENABS VPOD Rev. 08/15



## The doctor exam

A yearly physical exam by your doctor is an important part of staying healthy. During this appointment, your doctor will ask you to describe any symptoms and review your medical history. He or she will examine your testes by feeling for lumps. You may be asked to give a blood sample.

The doctor may also do an ultrasound of the scrotum, if an abnormality is detected. This test is a painless way to let the doctor see through your body tissue. You may need other imaging tests too, if the doctor wants to check you further.

## What if I have it?

If you have testicular cancer, your testicle will have to be removed. Though this may seem very scary, the good news is that you can still have sex and become a father with just one testicle. The remaining testicle will continue to make sperm and testosterone. If you don't like the feeling or appearance of having one testicle, talk to your doctor about a prosthetic implant.

## Can testicular cancer be cured?

Yes! Most testicular cancers can be cured, even if they've spread.

Visit [anthem.com](https://www.anthem.com) for more ways to get healthy – and stay healthy.

Checking your testicles for lumps or other changes each month is a good way to find cancer early. Problems are always easier to treat when found promptly.

