

## **UCLA Urologists Educate the Public about Testicular Cancer during Testicular Cancer Awareness Month**

**(LOS ANGELES – April 9, 2014)** – This April, [UCLA Urology](#) is educating the public about the most common cancer in young men age 15 to 34 during Testicular Cancer Awareness month. Men, and ladies for the men in your life, get ready to share this important, lifesaving information about testicular cancer.

“Testicular cancer is highly treatable and 95% curable when found early, which is why it is so important to know the signs and symptoms of this disease,” said [Dr. Mark Litwin](#), Chair of the UCLA Urology Department and the Director of the [UCLA Testicular Cancer Program](#). “Self exams are key to detecting early signs of testicular cancer. Men should be aware of any lumps, pain, or changes in the scrotum or testicles during these monthly exams.”

In addition to a lump or pain in the testicle or scrotum, other signs or symptoms may include enlargement of the testicle, hardness of the testicle, a dull ache in the groin, back or abdomen and heaviness in the scrotum.

According to the Testicular Cancer Awareness Foundation, every hour a new case of testicular cancer is diagnosed in the U.S., that is 720 cases in the month of April alone. UCLA urologists are recommending that men learn the following about testicular cancer:

- Regular, monthly, self exams of the testicles can help detect any lumps or abnormalities.
- If a lump or heaviness is found, men should see an experienced physician at a major medical center, like UCLA, for further tests.
- When testicular cancer is diagnosed a radical inguinal orchiectomy surgery is done to remove the testicle, then, depending on the stage of cancer, radiation or chemotherapy may be done to treat the affected lymph nodes.
- Risk factors for testicular cancer are higher for men who have had:
  - an undescended testicle
  - congenital and urological abnormalities
  - a family history or a previous history of testicular cancer
  - are of Caucasian descent
  - However, the majority of testicular cancer patients had no known risk factors, making self exams that much more vital.

### **About UCLA Urology:**

The Department of Urology at UCLA boasts a team of renowned doctors, surgeons and researchers. The internationally respected program has been recognized as the “Best in the West” and ranked fourth in the nation by U.S. News and World Reports. For more than 50 years, the multidisciplinary team has been the benchmark for urology care worldwide with



its dedication to urologic health. From cutting edge prostate, bladder and testicular cancer treatments, to life changing kidney and urinary incontinence care, UCLA's urologists are pioneering health solutions for their patients everyday.

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