



TESTICULAR CANCER AWARENESS MONTH APRIL 2025 | QUICK FACTS

- This year the American Cancer Society estimates 9,720 people in the U.S. will be diagnosed with testicular cancer and about 600 will die of the disease.
- Testicular cancer cases have increased over the last four decades. While Nevada has a lower incidence than the national average (5.6 vs. 6.6 per 100,000), it has a slightly higher mortality rate than the national average (0.4 vs. 0.3 per 100,000).
- American Indian/Alaska Native people are more likely to be diagnosed with testicular cancer and die from the disease than any other race or ethnicity. Whites and Hispanics have higher likelihood of the disease than Asian Americans, Pacific Islanders or Blacks.
- Testicular cancer is most common in men aged 20 to 40 years, but it can occur at any age. Approximately 6% of cases occur in children and teens, and about 8% in men over 55.
- When detected early, testicular cancer has an excellent survival rate, but early detection is key to improving outcomes. Self-exam can be done monthly to check for changes in the testicles, including lumps or changes in size.
- Signs and symptoms of testicular cancer include a lump or swelling in either testicle, pain or discomfort in the scrotum or testicle, a dull ache or sense of pressure in the lower abdomen or back, or a feeling of heaviness or fullness in the scrotum.
- Risk factors of testicular cancer include undescended testicles, HIV infection, abnormal testicular development, and family history of the cancer. Exposure to certain environmental factors, such as pesticides and chemicals like PFAS, may also increase the risk of testicular cancer.

RESOURCES

- Testicular Cancer Awareness Foundation:
<https://www.testicularcancerawarenessfoundation.org/>
- Nad & Tad – <https://www.youtube.com/@nadtad6871>
 - How to Do a Self Exam: <https://www.youtube.com/watch?v=dD6ZXRuQtWA>
- What to Know About Testicular Cancer with Rutgers Cancer:
<https://youtube.com/shorts/UV58dAUwp64?si=PAsjHutvtWm1s1gY>
- Deadpool & Wolverine talk testicular cancer:
 - Touch Yourself Tonight – 2016: <https://www.youtube.com/watch?v=KsdD1MJXOpk>
 - Update, 2023: <https://youtu.be/uX7LVf5p12M?si=BJXT4jqws0S5OjPM>
- Survivor Stories:
 - Christopher's Story: <https://www.youtube.com/watch?v=wl6A-stWZug>
 - Craig's Story: <https://www.youtube.com/watch?v=jqExM7APBBE>