



## Miss Madalena Liu

MBBS MD FRACS  
**Urological Surgeon**

### Miss Liu' special interests include:

- General Urology (male & female)
- Urinary incontinence
- Complex voiding dysfunction including Lower urinary tract symptoms (LUTS) and Benign prostatic hyperplasia (BPH)
- Kidney stones/ Lithotripsy
- Bladder diseases including Cancer
- Bladder and Pelvic Reconstructive Surgery (Prolapses).

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# Understanding Testicular Cancer: Symptoms, Diagnosis, and a Real-Life Journey

A Case Study by Miss Madalena Liu, Urologist | Knox Private Hospital

## What Is Testicular Cancer?

Testicular cancer is a disease where cells in one or both testicles grow abnormally and form a tumour. The testicles are part of the male reproductive system and are in the scrotum, the pouch of skin below the penis. They produce sperm and the hormone testosterone<sup>1</sup>.

Most testicular cancers start in the germ cells, the cells that make sperm.

### There are two main types:

- Seminoma: Usually slow-growing and responds well to treatment.
- Non-seminoma: Tends to grow faster and may require more aggressive treatment<sup>1</sup>.

Testicular cancer is rare, but it's the most common cancer in young men aged 15 to 44. The good news is that it's highly treatable, especially when caught early<sup>2</sup>.

## Testicular cancer

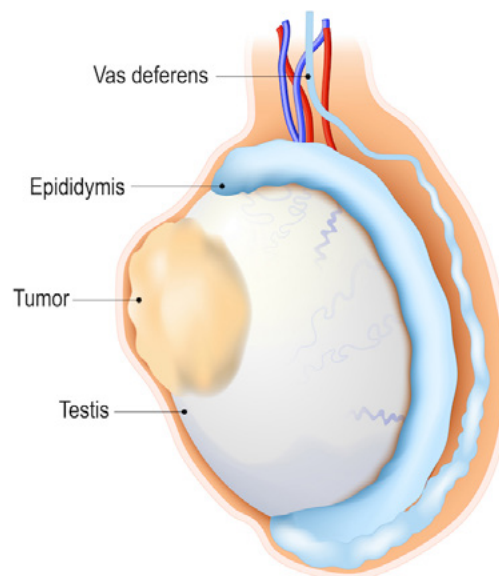


Image: www.medicaim.com



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## What Are the Symptoms?

Testicular cancer often causes no symptoms at first, but here are the signs and symptoms to watch for:

- A painless lump or swelling in one testicle (most common sign)
- A feeling of heaviness in the scrotum
- Dull ache in the lower belly or groin
- Sudden swelling or fluid build-up in the scrotum
- Pain or discomfort in a testicle or the scrotum
- Change in size or firmness of a testicle
- Tenderness or swelling in breast tissue (due to hormone changes)
- Back pain or swollen legs (if cancer has spread) 4,3

If you notice any of these symptoms lasting more than two weeks, it's important to see a doctor. Early detection can make a big difference 3.

## Real-Life Case Study: A 25-Year-Old Man's Journey

A healthy 25-year-old man noticed a painless lump in his right testicle, discovered by his partner. He had no history of injury or undescended testicles. Tests showed a 3 cm tumour, but no signs of spread. His blood markers were normal.

He underwent a right orchiectomy (surgical removal of the testicle) and received a testicular prosthesis. The tumour was diagnosed as a pure seminoma, a type of testicular cancer that is highly treatable.

He was monitored with regular scans for five years and remained cancer-free. He later fathered two healthy children, showing that fertility can be preserved with proper care.

### Key Takeaways

- Don't ignore changes in your testicles—early action saves lives.
- Self-exams can help you spot problems early. Do them monthly, ideally after a warm shower.
- Treatment is effective, especially for early-stage cancer.
- Fertility options like sperm banking are available before treatment.

### Sources:

1. Understanding Testicular Cancer | [cancerCouncil.com.au](http://cancerCouncil.com.au)
2. Testicular cancer | [cancerAustralia.gov.au](http://cancerAustralia.gov.au)
3. Testicular cancer in Australia statistics | [cancerAustralia.gov.au](http://cancerAustralia.gov.au)
4. What are the symptoms of testicular cancer? | [cancerAustralia.gov.au](http://cancerAustralia.gov.au)

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