

# Is that a Lump Down There??

Like other parts of the body, the testicles can be affected by diseases including infection, sexually transmitted diseases (STD's), and cancer.

BY MAURY A. JAYSON, M.D., FACS

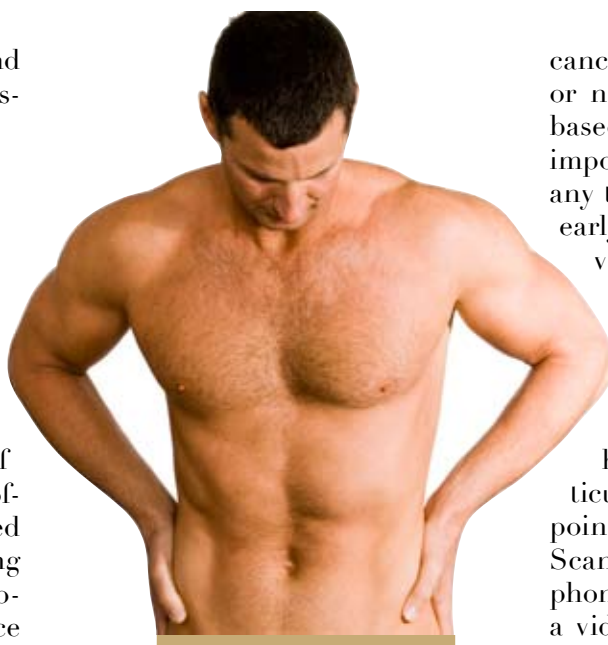
The most common signs and symptoms related to the testicles and scrotum are:

- ✓ Lumps (masses),
- ✓ Swelling,
- ✓ Pain
- ✓ A heavy or aching feeling in the lower belly (abdomen)
- ✓ Nausea and vomiting (rarely)

Cancer is one possible cause of testicular symptoms, but more often these symptoms are caused by infection, injury, or something else. It is important to see a urologist about any changes you notice in your testicles as soon as possible. Even non-cancerous conditions can still be serious and require treatment.

Testicular cancer forms in a man's testicles, the two egg-shaped glands that produce sperm and testosterone. Testicular cancer mainly affects young men between the ages of 15 and 35 and is the most common cancer in this age group. It can also occur in older men, and rarely, in younger boys. It is also more common in men who

- \* Have had abnormal testicle development.
- \* Have had an undescended testicle at birth
- \* Have a family history of the cancer.
- \* White men are more likely than African-American and Asian men.



The most common symptom of testicular cancer is a painless lump on a testicle. In some cases the lump is uncomfortable, but severe pain is rare. Sometimes the testicle may be enlarged or swollen without a lump. Men with testicular cancer may also have a heavy or aching feeling in the lower belly or scrotum.

Each normal testicle has an epididymis (a structure that stores the newly made sperm cells), which feels like a small bump on the upper or middle outer side of the testis. Normal testicles also contain blood vessels, supporting tissues, and tubes that carry sperm. All these things can feel bumpy, and sometimes men confuse these structures with

cancer. You can't be sure whether or not you have testicular cancer based on symptoms alone, so it is important to see a urologist about any testicular changes. Don't wait, early diagnosis and treatment are vital to a successful outcome.

The exam, and if needed, ultrasound or scan (to look inside the scrotum) are fast and pain-less. If you have any doubts or are unsure how to perform a proper testicular self-exam, schedule an appointment with a urologist.

Scan our QR code with your smart phone or visit our website to view a video about testicular self-exam (TSE) or download and print a Grab your Gonads TSE information sheet.

## GET TO KNOW THE WRITER...



Dr. Jayson completed his undergraduate studies at Tuft's University. He graduated with honors from Jefferson Medical College in Philadelphia and went on to train at Yale University School of Medicine where he also served as Chief

Resident in Urology. He practiced in New York until relocating to South Florida nine years ago. He currently practices adult and pediatric urology in Pembroke Pines, treating men, women and children of all ages.

For more information, please contact South Florida Urology Center, 601 N Flamingo Road, Suite 308, Pembroke Pines, Florida 33028. You can also call 954-392-7770 or visit us at

[www.sfuology.com](http://www.sfuology.com)

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