

Although rare, acute pain is the initial symptom in approximately 10% of patients with testicular cancer. Symptoms of advanced testicular cancer include pain in the lower back or chest, cough, and dyspnea.

## Elevated Serum Tumor Markers

[Up-arrow Tumor-guy with Markers](#)

In patients with suspected testicular cancer, blood is obtained to determine elevated serum tumor markers including alpha-fetoprotein (AFP), lactate dehydrogenase (LDH), and human chorionic gonadotropin (hCG).

## Considerations

### Males Between 15-35 Years Old

[Men with F-15 and 35-mm camera](#)

Testicular cancer is the most common type of cancer diagnosed in young men. Males between 15-35 years old and patients with a family history of testicular tumors are at an increased risk of developing testicular carcinoma.

### Cryptorchidism

[Crippled-orchid with cryptorchidism](#)

Cryptorchidism or undescended testes is a common risk factor for testicular cancer. Undescended testes cannot be felt while palpating the prostate for lumps or pain.

### Testicular Self Exam

[Testicles doing Self Exam](#)

Instruct the patient to perform a testicular self-examination once a month beginning at puberty to detect tumors or scrotal abnormalities such as varicoceles. Advise the patient to roll the testis between the thumb and the first three fingers during a warm shower or bath. Warm temperatures help the testes hang lower in the scrotum. The patient should be checking for lumps, pain, and a dragging sensation in the scrotum. Teaching aids such as videotapes and step-by-step illustrations may help increase the patient's comfort in performing the procedure on a monthly basis.