

TESTICULAR CANCER

AWARENESS MONTH

• APRIL •



April is Testicular Cancer Awareness Month, a time dedicated to raising awareness about one of the most common cancers affecting young men. While testicular cancer is relatively rare overall, it is the most frequently diagnosed cancer in males between the ages of 15 and 35. Early detection and education are key to improving outcomes. This month, we encourage everyone to learn about the signs, risk factors, and importance of regular self-exams.

What is Testicular Cancer?

Testicular cancer occurs when abnormal cell growth develops in one or both testicles, primarily affecting germ cells—the cells responsible for producing sperm. When these cells become cancerous, they multiply uncontrollably and can form tumors that invade healthy tissue. In rare cases, these tumors may contain embryonic-like features such as hair, nails, or teeth.

Did You Know?

On average, one man in the U.S. is diagnosed with testicular cancer every hour, with 9,976 new cases expected in 2026.

Please note: This information is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your healthcare provider for medical concerns. Please refer to your plan documents for specific benefit details and limitations.

Who Is at Risk?

Testicular cancer can affect males of any age, but it is most common in younger men. Certain factors may increase risk, including:

- A family history of testicular cancer
- An undescended testicle (cryptorchidism)
- Abnormal testicular development

However, many men who develop testicular cancer do not have any known risk factors.

Signs to Watch For

Testicular cancer often develops without obvious symptoms, especially in its early stages. That's why it is important for men to be aware of their bodies and consult a healthcare provider if they notice any changes or have concerns. Regular checkups and open communication with your doctor are key to maintaining good health. Males who are 15 and older should talk to their doctor about whether, and how often, they should perform a testicular self-exam (TSE). For more information on TSEs, click [HERE](#).

Sources:

- [Mens Health Issues](#)
- [Testicle Problems](#)
- [Preventing Cancer](#)