

## Soundbite transcript - Knowing the Facts about Testicular Cancer

**Dr. Zack Fulton, Family Medicine, OSF HealthCare**

“There are two main kinds. The seminoma versus the non-seminoma type. In general one of the things that makes it unique it is very rare, but it is one of the most common cancers for 15 and 35 year old men even though that age group doesn’t have much of any type of cancer, thankfully. For them, it’s a cancer that tends to hit people a little earlier and younger than other cancers.”

**Dr. Zack Fulton, Family Medicine, OSF HealthCare**

“A lot of times the first thing is a mass or a bump you can feel on the testicle. Usually it’s painless, which is why some people don’t worry about it and that’s what we tell people any bump is new that you haven’t felt before is something you might want to share with your doctor. Some people do have pain, some people do have an ache in their abdomen. I usually describe to men when you get hit in the testicles we all know what that feels like, that dull ache that kind of lingers is sometimes the pain that people describe.”

**Dr. Zack Fulton, Family Medicine, OSF HealthCare**

“We are the best judge of our body. We know the lumps and bumps that are new and the things that just don’t feel right. Sometimes we’re embarrassed to talk about those things and I think we need to get over that embarrassment and share with a trusted provider that we have to get the right answers and make sure this is nothing bad. And if it is, what kinds of treatments are available.”

**Dr. Zack Fulton, Family Medicine, OSF HealthCare**

“You need to check yourself regularly in multiple areas. As far as screening it’s tough because there’s not a good screening for testicular cancer. It really is found on exam and symptoms more than anything else. So you have to report it to your doctor. There’s not a blood test or a test you can go in for to get screened easily.”