

Active Surveillance for Early Testicular Cancer - Seminoma

You have recently been diagnosed with 'early' testicular cancer.

This means it is likely the operation you had to remove your testicle (orchidectomy) has cured the cancer. In addition, we could not see any spread of the cancer on your CT scan, which took pictures from the top of your lungs to your groin. However, we know that in a small number of men the cancer will come back. The most common places for this to happen are in the lymph nodes at the back of your abdomen and your lungs. Your Testicular Cancer Team has assessed the risk of the cancer coming back, but think in your case this risk is small and have recommended:

Active surveillance (very regular follow up in clinic)

The aim of active surveillance is to detect the cancer very early if it does come back. We can then give you further treatments (usually chemotherapy), with an excellent chance of cure. We see patients for 5 years; however this is more intensive in the first 2-3 years.

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MONTH	1	2	3	4	5	6	7	8	9	10	11	12
YEAR 1			TM			TM			TM			TM
			PE			CT/CXR			PE			CT/CXR
						PE			HNA			PE
						ST						CXR
YEAR 2			TM			TM			TM			TM
			PE			CT/CXR			PE			CT/CXR
						PE						PE
YEAR 3						TM						TM
						PE						CT/CXR
												PE
YEAR 4						TM						TM
						PE						CT/CXR
												PE
YEAR 5												TM
												CT/CXR
												PE
DIS-CHARGE	On discharge your GP will be given the following information: <ul style="list-style-type: none"> • Details diagnosis • Treatment • Potential late effects • Signs and symptoms of recurrence. If you are worried about potential recurrence or second testicular cancer please contact the team and we will be happy to see you.											
TM	Tumour Markers (AFP, HCG, LDH)											
CXR	Chest X-ray											
PE	Physical examination (We encourage all testicular cancer patients to perform monthly testicular self-examination)											
CT	CT scan of abdomen and pelvis											
HNA	Holistic needs assessment clinic											
ST	Survivorship Toolkit Day part of recovery package											

If we find anything wrong with any of your tests we will contact you and ask you to come back to clinic for an earlier appointment. Regular attendance is very important!

Bristol Testicular Cancer Service

Useful Websites:

www.uhbristol.nhs.uk/btcs

This is the main website for the BTCS

www.itsinthebag.org.uk

This is a charity fund and patient forum for the SW of England working with BTCS. IITB provide awareness and support

www.cancerresearchuk.org/about-cancer/testicular-cancer

This site is useful for facts and figures

www.orchid-cancer.org.uk

Provides factual information, support and has national CNS helpline. They have a microsite called:

www.yourprivates.org.uk

Which provides other information and a map of support throughout the UK

www.testicularcancersociety.org

USA-based, but forum useful

www.macmillan.org.uk

Provide lots of information about chemotherapy, radiotherapy, financial support, living well, the list goes on

www.teenagecancertrust.org

This is aimed at patients aged 15-24 years

www.therobincancertrust.org

This website has information about all germ cell cancers, includes primary and female patients

https://community.macmillan.org.uk/cancer_types/testicular-cancer/



This leaflet has been provided by the Bristol Testicular Cancer Service

www.uhbristol.nhs.uk/btcs

Supporting men with Testicular Cancer in the South West



Funded by It's in the Bag Cancer Support

www.itsinthebag.org.uk