

Interesting Resources

- It's Not About the Bike, *Lance Armstrong*
- Every Second Counts, *Lance Armstrong*

Active Surveillance: Personal Follow-up Schedule

Diagnosis: _____

Risk of Recurrence: _____

Length of Surveillance: _____

Members of my Healthcare Team:

Advanced Practice Nurse:

Primary Nurse:

Radiation Oncologist:

Medical Oncologist:

Surgical Oncologist:

10				
9				
8				
7				
6				
5				
4				
3				
2				
1				
YEAR				
TESTS				
CT SCAN				
TUMOUR MARKERS				
CHEST X-RAY				
CLINIC VISIT				

Reviewed by the LRCP Patient Education Committee October 2008

NS6082 (2008/11/24)

What is Active Surveillance?

Information for men with testicular cancer



London Health Sciences Centre

London Regional Cancer Program

790 Commissioners Road East

London, Ontario N6A 4L6

519-685-8600

www.lhsc.on.ca/About_Us/LRCP/

You have been diagnosed with testicular cancer and have chosen active surveillance to monitor the cancer. In this pamphlet you will find information about:

- Testicular self examination;
- Your follow-up schedule;
- Resources to learn more about testicular cancer.

What is active surveillance?

Active surveillance uses methods like testicular self examination (TSE) to look for signs of cancer. Your health care team will also do many tests to check for tumour growth. Both TSEs and tests are done over a 5 to 10 year period. If symptoms appear over this time or if tests show cancer, treatment can begin right away.

What is the goal of active surveillance?

Testicular cancer is one of the few cancers that can be cured if it is found early. The goal of active surveillance is to check and see if the cancer has returned. If it does return, your health care team will be able to treat it right away. In other words, active surveillance is about treating men when they need treatment, and avoiding treatment when it is not needed.

How do I do a testicular self examination (TSE)?

Your best chance to find cancer early, is to do a TSE once a month. A TSE works well after a warm shower or bath, because the heat relaxes the scrotum. This makes it easier to spot anything that is not normal.

1. Stand in front of a mirror. Check for swelling on the scrotal skin.
2. With both hands, place the index and middle fingers under the testicle with the thumbs placed on top. Roll the testicle gently between the thumbs and fingers. You should not feel any pain.
3. Find the epididymis (epp-i-did-uh-miss), which is the soft, tube-like structure behind the testicle. This part of the testicle is normally lumpy. Cancer lumps are usually found in the front of the testicle.
4. If you find a lump or something that does not feel right, call the London Regional Cancer Program right away (see **Questions, Concerns?**). It may only be an infection, but it is best to make certain.

What tests will I be getting?

CT scans and x-rays are some of the tests you will be getting during your active surveillance. These tests are important, and will give the members of your health care team the information they need to offer treatment right away if the cancer comes back.

Keeping the CT scan appointment is **very important**. These appointments are difficult to get. If you miss an appointment, it may take some time before another one can be booked. If you cannot go to your CT scan appointment, please contact 519-685-8600 ext. 54022 to reschedule and to give your spot to someone who is in need of the scan.

How is my follow-up schedule planned?

Your follow-up schedule depends on your diagnosis and the risk of the cancer returning. There are two types of testicular cancer. They are called Seminoma and Non Seminoma. Both these cancers have different risks. For more information about these cancers talk to a member of your health care team or go to these websites:

- <http://tcr.acor.org/tcexam.html>
- www.realtimecancer.org
- www.cancer.ca
- www.cancer.gov

Questions, Concerns?

If you have any questions about active surveillance or if you think you may have found a lump during a self examination, call 519-685-8600 and press option '3'. You may call during regular business hours between 8:30 a.m. and 4:00 p.m., Monday to Friday. The Telephone Triage Nurse will give your message to your nurse. It may take up to three business days to return your call, depending on your question or concern.
