

Stage I Testicular Cancer Follow-up Recommendations

You have recently been diagnosed with testicular cancer. This is the most common cancer that occurs in young men. It is very curable and more than 99 percent of all men diagnosed with stage I testicular cancer survive their disease.

Stage I testicular cancer is found in the testicle only and has not spread to any other parts of the body. When testicular cancer is confined to the testicle, the initial treatment is surgery to remove the testicle containing cancer (orchietomy). To reduce the risk of the cancer returning, research has shown some patients should receive chemotherapy after surgery (adjuvant chemotherapy) and you can discuss this with your oncologist.

After you have received the initial treatment you will need to undergo regular follow-up. It is very important that you attend all your follow-up appointments as scheduled. Sometimes the cancer may return and the aim of follow-up is to identify and treat this early to ensure the best outcomes. You can discuss with your oncologist what the chance of the cancer returning is in your individual situation. The most common time for the cancer to return is within two years after you have been first diagnosed, although it can happen later.

Follow-up occurs for at least 5 years after your diagnosis and is performed by an oncologist. It is more frequent after your initial treatment and then gets less with time. The frequency and duration of follow-up is varied depending on the type of testicular cancer you had (non-seminomatous germ cell tumour or seminoma) and whether you received chemotherapy after surgery. More general information on testicular cancer can be found at: <http://www.cancercouncil.com.au/testicular-cancer/>

Follow-up will include:

Clinic Appointments	These appointments are to discuss your health and any concerns regarding your body, fertility or mental health after your diagnosis with testicular cancer.
Physical Examination	This will include examination of the remaining testicle and the surgical site.
Blood Tests for Tumour Markers	Blood tests can sometimes identify products produced by testicular cancer and can be used to monitor whether the cancer has returned. Not all testicular cancers produce these markers and so other tests are also needed. The three most important markers are Alpha fetoprotein (AFP), Beta human chorionic gonadotropin (beta-hCG) and Lactate dehydrogenase (LDH)
CT abdomen and pelvis	A CT abdomen and pelvis is performed to check if the cancer has spread to the lymph nodes of the abdomen or elsewhere.
Chest x-ray	A chest x-ray is performed to check if the cancer has spread to the lungs. You will only have chest x-rays if the type of testicular cancer was a non-seminomatous germ cell tumour (NSGCT), rather than a seminoma.
Blood Tests for Testosterone	The testicles produce testosterone (male sex hormone) and some patients develop low testosterone levels after the testicle has been removed.

You will be given a separate document outlining the timing of the follow-up required for your type of testicular cancer.

Follow-up Stage I Seminoma testicular cancer, for patients who have had no other treatment after surgery (no adjuvant treatment)

Time after surgery	Recommended follow-up
6 months	Physical examination, Tumour Markers, CT abdomen and pelvis, Testosterone Level
1 year	Physical examination, Tumour Markers, CT abdomen and pelvis
1 year, 6 months	Physical examination, Tumour Markers, CT abdomen and pelvis
2 years	Physical examination, Tumour Markers, CT abdomen and pelvis, Testosterone Level
3 years	Physical examination, Tumour Markers, CT abdomen and pelvis
4 years	Physical examination, Tumour Markers
5 years	Physical examination, Tumour Markers, CT abdomen and pelvis, Testosterone Level
After 5 years	Some doctors recommend follow-up beyond 5 years, please discuss this with your doctor. You should have a further testosterone test 10 years after your diagnosis.

Follow-up Stage I Seminoma testicular cancer, for patients who have received chemotherapy after surgery (adjuvant chemotherapy)

Time after surgery	Recommended follow-up
6 months	Physical examination, Tumour Markers, Testosterone Level
1 year	Physical examination, Tumour Markers, CT abdomen and pelvis
1 year, 6 months	Physical examination, Tumour Markers
2 years	Physical examination, Tumour Markers, CT abdomen and pelvis, Testosterone Level
3 years	Physical examination, Tumour Markers, CT abdomen and pelvis
4 years	Physical examination, Tumour Markers
5 years	Physical examination, Tumour Markers, CT abdomen and pelvis, Testosterone Level
After 5 years	Some doctors recommend follow-up beyond 5 years, please discuss this with your doctor. You should have a further testosterone test 10 years after your diagnosis.

Follow-up Stage I Non-seminoma testicular cancer, for patients who have had no other treatment after surgery (no adjuvant treatment)

Time after surgery	Recommended follow-up
1 month	Physical examination, Tumour Markers
2 months	Physical examination, Tumour Markers
3 months*	Physical examination, Tumour Markers
4 months	Physical examination, Tumour Markers, CT abdomen and pelvis, Chest x-ray
5 months*	Physical examination, Tumour Markers
6 months	Physical examination, Tumour Markers, Testosterone Level
8 months	Physical examination, Tumour Markers, CT abdomen and pelvis, Chest x-ray
10 months	Physical examination, Tumour Markers
1 year	Physical examination, Tumour Markers, CT abdomen and pelvis, Chest x-ray
1 year, 3 months	Physical examination, Tumour Markers
1 year, 6 months	Physical examination, Tumour Markers, CT abdomen and pelvis, Chest x-ray
1 year, 9 months	Physical examination, Tumour Markers
2 years	Physical examination, Tumour Markers, CT abdomen and pelvis, Chest x-ray, Testosterone Level
2 years, 6 months	Physical examination, Tumour Markers
3 years	Physical examination, Tumour Markers, CT abdomen and pelvis, Chest x-ray
3 years, 6 months	Physical examination, Tumour Markers
4 years	Physical examination, Tumour Markers
5 years	Physical examination, Tumour Markers, CT abdomen and pelvis, Chest x-ray, Testosterone Level
After 5 years	Some doctors recommend follow-up beyond 5 years, please discuss this with your doctor. You should have a further testosterone test 10 years after your diagnosis.

*Your doctor may decide that you do not need to attend the 3 month and 5 month follow-up depending on what characteristics the tumour has under the microscope.

Follow-up Stage I Non-seminoma testicular cancer, for patients who have received chemotherapy after surgery (adjuvant chemotherapy)

Time after surgery	Recommended follow-up
6 months	Physical examination, Tumour Markers, CT abdomen and pelvis, Chest x-ray, Testosterone Level
1 year	Physical examination, Tumour Markers, CT abdomen and pelvis, Chest x-ray
1 year, 6 months	Physical examination, Tumour Markers, CT abdomen and pelvis, Chest x-ray
2 years	Physical examination, Tumour Markers, CT abdomen and pelvis, Chest x-ray, Testosterone Level
3 years	Physical examination, Tumour Markers, CT abdomen and pelvis, Chest x-ray
4 years	Physical examination, Tumour Markers
5 years	Physical examination, Tumour Markers, CT abdomen and pelvis, Chest x-ray, Testosterone Level
After 5 years	Some doctors recommend follow-up beyond 5 years, please discuss this with your doctor. You should have a further testosterone test 10 years after your diagnosis.