

Testicular Cancer: Newly Diagnosed



Coping with fear

It's normal to feel afraid when you hear a diagnosis of cancer. But learning about your cancer and your treatment choices can help you feel less afraid. It also helps you work with your healthcare team and make the best choices for you. You can also ask to speak with a counselor.

Working with your healthcare team

Your healthcare team will likely include:

- **Urologist.** This is a healthcare provider who specializes in treating diseases of the urinary system and male reproductive system.
- **Medical oncologist.** This is a healthcare provider who specializes in treating cancer with medicines, such as chemotherapy.
- **Radiation oncologist.** This is a healthcare provider who specializes in treating cancer with radiation.

Many other healthcare professionals will be part of your team as well. They will answer any questions you may have and help you through each of the steps you'll take before, during, and after treatment. Your team will let you know what tests you need and give you the results of those tests. They'll guide you in making treatment decisions and help prepare you and your loved ones for what's ahead.

Learning about treatment choices

To decide the best course of treatment for you, your healthcare team needs to know as much as they can about your cancer. This may involve getting some tests and working with more than one healthcare provider. And you may decide that you want to get a second opinion to help you choose a treatment.

Getting support

Coping with cancer can be very stressful. Talk with your healthcare team. They can refer you to someone, such as a counselor, who can help. You can also get help from support groups either in person or online. Here you can talk with other people coping with testicular cancer. Ask your healthcare team about local support groups.

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