Testicular Cancer
After treatment has finished
Information for patients
This information aims to offer guidance to patients after they have completed their treatment. This can mean having no signs of cancer currently; this includes patients who continue to have monitoring to reduce the risk of recurrence.

Completion of treatment is one of the most complicated parts of having cancer. This is because it is different for each person, we all bring our own history, support systems, circumstances and symptoms to the situation.

Survivors may experience a mixture of strong feelings, including joy, concern, relief, guilt and fear. Some people say they appreciate life more after a cancer diagnosis and have gained a greater acceptance of themselves. Others become very anxious about their health and uncertain of how to cope with everyday life.

People may feel some stress when frequent visits to the health care team end following treatment. Often, relationships built with the cancer team provide a sense of security during treatment and people miss this source of support. This may be true as new worries and challenges surface over time, such as any late effects of treatment, emotional challenges including fear of recurrence, fertility concerns, financial and workplace issues.

Your cancer doctor and nurses are still available for questions you may have. You can get in touch if there is something worrying you between appointments. After finishing cancer treatment, it may take time to find out what feels normal for you.
You may worry that every ache and pain is linked to the cancer. This is understandable. Your healthcare team will tell you which signs and symptoms to look out for; do not wait until your next appointment if you are worried. It is worth contacting the health care team to discuss your concerns.

In testicular cancer, a watch and wait approach is often adopted. You may feel nervous going for follow-up appointments or tests but will hopefully feel better afterwards.

During treatment, you may have been less active. This can make you feel more tired and makes your muscles lose some strength. Even a little regular physical activity like short walks will help to increase your energy levels, it will help you feel stronger and less stressed. Don’t do too much too soon, build it up gradually.

Being more physically active also reduces the risk of heart disease, stroke, diabetes and bone thinning.

**Being active can help you to:**
- Strengthen muscles, joints and bones
- Look after your heart
- Reduce anxiety and depression
- Improve mood and quality of life
- Maintain a healthy weight.

Every survivor has individual concerns and challenges. Talking about cancer can be difficult. Even with caring friends and family, sometimes it’s easier to share your experience with somebody you don’t know. Often family and friends find that they protect each other from their worst fears and thoughts.
Although the cancer is different, people’s struggles with surviving cancer often have similarities and most have relatable experiences.

There are groups, organizations and healthcare professionals that can help you:

- Telephone helpline services such as Macmillan Cancer Support
- Trained counsellors who can help you find ways to cope with your feelings. Your nurse specialist can refer you to the psycho-oncology team or your GP may be able to refer you.
- Support groups

**Leeds Cancer Support**
The Macmillan information Centre in Bexley wing on the corridor, Level 1. Tel: *(0113) 206 6498*

**The Sir Robert Ogden Macmillan Centre**
St James Hospital Leeds, Tel: *(0113) 206 6498*

**Useful contacts**

**National Male Cancer Helpline** Tel: **0808 802 0010**

**Orchid - fighting male cancer**
Tel: **0203 745 7310** email: **info@orchid-cancer.org.uk**

**Testicular Nurse Specialist** Tel: **0113 206 7676**