

Health & Well-being after treatment:

Now that you've finished treatment for your testicular cancer, there are some things you might find helpful to know as you get back to your usual activities. This document is a tool to guide you through your journey after finishing treatment. This is general advice only and aspects of this document may not apply to your specific situation and does not replace speaking to your doctor. If you have any questions about your health, it is important to talk to your cancer specialists or general practitioner (GP).

Testicular cancer can affect many areas of your life. These are some common worries and changes men may experience after treatment for testicular cancer:

Fear of recurrence

After treatment, many men worry that the cancer is going to come back. Check your testicle each month, and go to your appointments with your specialist. If you worry about cancer coming back, you might want some help to deal with these feelings. If the worry is getting in the way of you doing your day to day activities, we encourage you to ask for support.

Keeping well

Most side effects go away within 12 months after treatment for testicular cancer. Sometimes side effects continue for many years. Common side effects can vary depending on the treatment you have received. Chemotherapy side effects can include: breathing changes, ringing in your ears, numbness or tingling in your fingers and toes, pain, fatigue, thinking and memory changes, and new cancers. Looking after your cardiovascular (heart) health is very important. Exercise, diet and regular checkups play an important and life-long role in this.

Changes in body image

Cancer treatment can change your body. Some of these changes may be there for the rest of your life. This can change the way you see and feel about yourself.

Having sex after cancer

Treatment and side effects can change your sex drive and erectile function. This means that some men can find that they have a lowered interest in sex or find having sex to be more difficult. If this is your experience, share your worries with your health care team. There is no need to feel embarrassed.

Emotional well-being

Everyone deals with cancer in their own way. We all have different ways of coping. If you are often feeling flat, sad, or worried, ask for help. There are tools and people who can help you get back to your day-to-day activities.

Having kids

Many men have questions about having kids after treatment. Cancer treatment can impact the ability to father children (fertility). While some men recover their fertility with time, some men won't. There are specialists who can help with these worries.

Fatigue

Fatigue or tiredness can affect your daily activities. This can be caused by a hormone imbalance, known as hypogonadism. This means your body is not producing enough of the hormone testosterone. Low testosterone can affect many aspects of your life, including a lowered sex drive and loss of muscle mass. This can be picked up by a simple blood test and there are treatments available.

Family and relationships

Cancer can change how you, your family, and friends relate to each other. It can strain relationships. It can also bring people closer together. Talking helps to see how cancer has affected your life and the lives of your loved ones.



What can I do to live a healthier life after testicular cancer?

- Maintain a **healthy weight**.
- Eat a **healthy diet** and be **physically active**.
- Continue your **regular check-ups with your cancer specialist**.
- Keep your **heart healthy** and see your doctor for **regular check-ups** with blood tests and blood pressure checks.

Talk to your doctor about any questions or worries you have. They are there to help.

Limit alcohol



Drinking alcohol increases the risk of certain cancers. It is recommended people limit or avoid drinking alcohol. For people who do drink alcohol, no more than two standard drinks a day, avoid binge drinking and have at least 2 alcohol-free days each week.

Quit /avoid smoke



Smoking causes cancer and puts your heart health at risk. Smoke contains over 60 chemicals known to cause cancer.

Sleep recommendation



Young people need between 7 to 9 hours a night. Without enough sleep, your body doesn't know how to function properly and can impact both your emotional and physical well-being.

Be sun smart



The sun's ultraviolet (UV) radiation is a major cause of skin cancer. UV levels of 3 and above can cause damage and increase your risk of skin cancer so a combination of sun protection steps is needed.

Emotional well-being



People may experience many feelings after treatment for testicular cancer. A fear of cancer coming back is common after finishing treatment and e-TC listed below can help with this. Some people may also experience feelings so great that they feel they can't go on. If any of this happens to you, it is important to seek help.

Where can I find more help and information online?

ANZUP Cancer Trials Group: is recognised nationally and internationally for their genitourinary clinical trials. To find out more about available testicular cancer trials, please visit the ANZUP website: <https://www.anzup.org.au/content.aspx?page=trials-testicular>

Cancer Society New Zealand: is committed to working with our communities by providing leadership and advocacy in cancer control, with core services in health promotion, support, information and resources and research. <https://www.cancernz.org.nz>

CANTEEN: helps young people dealing with cancer get back to living their lives. <https://www.canteen.org.nz>

Depression.org.nz helps New Zealanders recognise and understand depression and anxiety. We want to reduce the impact that depression and anxiety have on the lives of New Zealanders by encouraging early recognition and help-seeking. <https://depression.org.nz/>

e-TC: Getting Back on Track after Testicular Cancer. This is an online program that has been designed to help you manage many of the worries faced after treatment for testicular cancer. <https://e-tc.org/>

Financial advice: The Ministry of Social Development is all about helping to build successful individuals, and in turn building strong, healthy families and communities. <https://www.msd.govt.nz>

Lifeline: has been helping New Zealanders in crisis for over 50 years to reduce distress and save lives by providing safe, accessible, effective, professional and innovative services. <https://www.lifeline.org.nz>

Movember: has funded more than 1,250 men's health projects around the world in mental health and suicide prevention, prostate cancer and testicular cancer. <https://nz.movember.com/>

Sexual Health: is an inclusive multidisciplinary professional body dedicated to advocating and promoting Sexual Health for all in New Zealand. <https://www.nzshs.org/clinics>