



Guidelines for the Management of

Adult Testicular Cancer

Revised 2005

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Objective:

This guideline reviews the overall management (from initial presentation and diagnosis through referral, treatment and follow up) of adult testicular cancer in Nova Scotia. The guidelines are primarily designed for specialists treating testes cancer in Nova Scotia.

Other interested physicians (especially family physicians) and health professionals may find the algorithms a useful summary of the management of testes cancer. Patients, family members and other non-health professionals are encouraged to review materials written specifically for them. The Canadian Cancer Society Information Service (1-888-939-3333 or www.cancer.ca) is one source for this type of information.

Preamble Note:

Practice guidelines are intended to assist health care professionals with decisions throughout the spectrum of the cancer experience. Guidelines should never replace specific decisions for individual patients, and do not substitute for the shared decisions between any patient and doctor (or other health professional) which are unique to each circumstance. However, guidelines do provide evidence-based background information, consensus-based recommendations for similar problems, and a context for each individual decision. This guideline will be revised, from time to time, as new evidence becomes available. Current versions of this guideline will be available on the *Cancer Care Nova Scotia* website (www.cancercare.ns.ca).

Comment on Clinical Trials:

An important component of treatment decision-making for any patient is the potential for enrollment in a relevant clinical trial. The Genitourinary Cancer Site Team is committed to advancing patient care, through participation in clinical trials. At any point in time, there may be a clinical trial opportunity for any component of this guideline. As specific trials become available, eligible patients may be offered the opportunity to enroll in the relevant trial. Every effort will be made to accommodate patients for clinical trial

participation, but there will be eligibility restrictions for each trial. Patients are encouraged to discuss clinical trials opportunities with their cancer specialist. Current clinical trials will be listed on the *Cancer Care Nova Scotia* website (www.cancercare.ns.ca).

Acknowledgements:

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For further information on this, or any other Practice Guideline, please contact the CST Co-Chairs, or members of the Guidelines Resource Team, *Cancer Care Nova Scotia* (contact person Michele Moore, Tel. (902) 473-3152 or by e-mail michele.moore@ccns.nshealth.ca)

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Contents:

<u>Part</u>	<u>Title</u>	<u>Page</u>
Part 1.	Introduction	4
Part 2.	Histology & Pathology	5
Part 3.	Diagnosis, Staging, and Prognosis	6
Part 4.	Referral Information for the New Patient Visit	9
Part 5.	Treatment	10
Part 6.	Follow-up Practice Guidelines	12
Part 7.	Supportive Care Issues	14
Part 8.	Practice Pathway	16
Part 9.	Guideline Development Process	18
Appendix I	Radiotherapy Guidelines	20
Appendix II	Systemic Therapy Regimens	21
Appendix III	Retroperitoneal Lymph Node Dissection Guidelines	22

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Part 1. Introduction

1.1 Risk Factors

Certain individuals are at higher risk of testis tumours, e.g. history of a delayed or undescended testis, patients who have had a prior malignancy in the contralateral testicle, and possibly those with an affected first degree relative (especially an identical twin). Testicular self-examination may be a method of early detection for testicular cancer, especially in high risk individuals.

1.2 Presentation

Men may present with pain, acute swelling and/or hardness of the testicle or with a painless mass or swelling of the testicle. In rare cases, there may be simultaneous bilateral tumours. Spread occurs by either vascular or lymphatic routes. Metastatic disease leads to presenting complaints in approximately 15% of cases with testicular tumours. This will lead to symptoms specific to the affected organ or adjacent tissues. Patients may develop gynecomastia due to elevation of β hCG (germ cell tumours), and other hormonal functional elements may be present (stromal tumours).

Part 2. Histology & Pathology

2.1 Histology

The Modified World Health Organization Histologic Classification of Testicular Tumours is used for histologic classification at the QEII Health Sciences Centre- Cancer Care Program.

Germ cell tumours

- Precursor lesion
 - Intratubular germ cell neoplasm, unclassified
- Tumours of one histological type
 - Seminoma
 - Variant: seminoma with syncytiotrophoblastic cells
 - Spermatocytic seminoma
 - Variant: spermatocytic seminoma with a sarcomatous component
 - Embryonal carcinoma
 - Yolk sac tumour
 - Choriocarcinoma
 - Variant: monophasic type
 - Placental site trophoblastic tumour
 - Teratoma
 - Mature
 - Immature
 - With a secondary malignant component
 - Monodermal variants
 - Carcinoid
 - Primitive neuroectodermal tumour
- Tumours of more than one histologic type
 - Mixed germ cell tumour (specify components; estimate percentage)
 - Polyembryoma
 - Diffuse embryoma

Sex cord-stromal tumours

- Leydig cell tumour
- Sertoli cell tumour
 - Variant: large cell calcifying Sertoli cell tumour
 - Variant: sclerosing Sertoli cell tumour
- Granulosa cell tumour
 - Adult type
 - Juvenile type
- Mixed and indeterminate (unclassified) sex cord stromal tumour

Mixed germ cell-sex cord-stromal tumours

- Gonadoblastoma
- Others

Miscellaneous

- Sarcoma (specify type)
- Plasmacytoma
- Lymphoma (specify type)
- Granulocytic sarcoma or leukemic infiltrates
- Adenocarcinoma of rete testis
- Carcinomas and borderline tumours of ovarian type
- Malignant mesotheliomas

From: Mustofi FK, Soleiu LH, Histopathological typing of testicular tumours. WHO, Geneva, 1977
Urological Surgical Pathology. Ed. One, Bostwick, Pg. 570

Part 3. Diagnosis, Staging and Prognosis

3.1 Staging Investigations

1. Diagnostic Work Up Pre-Orchidectomy

- History and physical examination
- Chest X-ray
- CBC, LDH, β hCG, AFP
- Testicular ultrasound

2. Surgical Staging

If testicular cancer is suspected, a urological consultation should be obtained. Needle or incisional biopsy is contraindicated to prevent altered lymphatic drainage. Pathological diagnosis is obtained by a radical inguinal orchidectomy with high ligation of the spermatic cord. Unusual cases such as stage T0 germ cell tumours/extragenital primaries and stage M1 patients may have elevation of markers or pathological diagnosis from non-testis sites.

3. Peri-operative Staging/Evaluation

- β hCG, AFP (if elevated preoperatively, must be followed postoperatively weekly until normal)
- CT abdomen and pelvis
- Chest X-ray and/or CT chest
- Sperm count/banking if further therapy required and fertility is a concern

3.2 Pathological Description

Gross description of radical orchiectomy specimens should include:

- The length of spermatic cord attached
- The external dimensions of the testis
- The presence or absence of a mass
- Size of the mass(es)
- The presence of satellite nodules or not
- The texture of all nodules
- The relationship of all nodules to the tunica albuginea, epididymis and cord

Microscopic description should include the following features:

- Enumeration of the cell type(s) present; if more than one cell type is present, some indication should be given of the proportions
- A statement should be made regarding the relationship to the tunica albuginea, tunica vaginalis, rete testis, the epididymis and the spermatic cord
- The presence or absence of lymphatic

and/or venous invasion within the testis and within the cord should be commented upon

- The presence of in situ germ cell neoplasia should be noted
- The presence/absence of spermatogenesis in the residual testis should be commented upon

3.3 Staging

TNM Staging Criteria

Staging is based upon anatomic extent of disease and assessment of serum tumour markers.

Primary Tumour (pT)

Assessed on pathologic examination after radical orchiectomy.

- pTX** Primary tumour cannot be assessed (if no radical orchiectomy has been performed TX is used).
- pT0** No evidence of primary tumour (e.g., histologic scar in testis).
- pTis** Intratubular germ cell neoplasia (carcinoma in situ).
- pT1** Tumour limited to testis and epididymis with vascular/lymphatic invasion; tumour may invade tunica albuginea but not tunica vaginalis.
- pT2** Tumour limited to testis and epididymis with vascular/lymphatic invasion, or tumour extending through tunica albuginea with involvement of tunica vaginalis.
- pT3** Tumour invades spermatic cord with or without vascular/lymphatic invasion.
- pT4** Tumour invades scrotum with or without vascular/lymphatic invasion.

Regional Lymph Nodes (N)

- Abdominal para-aortic (periaortic),
- preaortic
- inter-aortocaval
- precaval
- paracaval
- retrocaval
- retroaortic nodes.

Nodes along the spermatic vein should be considered regional. Laterality does not affect the N classification. The intrapelvic nodes and the inguinal nodes are considered regional after scrotal or inguinal surgery.

Clinical

- NX** Regional lymph nodes cannot be assessed
N0 No regional lymph node metastasis
N1 Metastasis with a lymph node mass 2 cm or less in greatest dimension; or multiple lymph nodes, none more than 2 cm in greatest dimension
N2 Metastasis with a lymph node mass more than 2 cm but not more than 5 cm in greatest dimension; or multiple lymph nodes, any one mass greater than 2 cm but not more than 5 cm in greatest dimension
N3 Metastasis with a lymph node mass more than 5 cm in greatest dimension

Pathologic (pN)

- pNx** Regional lymph nodes cannot be assessed.
pN0 No regional lymph node metastasis
pN1 Metastasis with a lymph node mass, 2 cm or less in greatest dimension and 5 or fewer positive nodes, none more than 2 cm in greatest dimension
pN2 Metastasis with a lymph node mass, more than 2 cm but not more than 5 cm in greatest dimension; or more than 5 nodes positive, none more than 5 cm; or evidence of extranodal extension of tumour
pN3 Metastasis with a lymph node mass more than 5 cm in greatest dimension

Distant Metastasis

- pM** Category corresponds to the M category.
M Distant metastasis (including extraregional nodes)
MX Presence of distant metastasis cannot be assessed
M0 No distant metastasis
M1 Distant metastasis
M1a Non regional nodal or pulmonary metastasis
M1b Distant metastasis other than to non regional lymph nodes and lungs

Serum Tumour Markers

- Serum markers (alphafetoprotein- AFP, beta human chorionic gonatotropin- β hCG, and lactate dehydrogenase- LDH) are determined before and immediately following orchiectomy, then serially according to normal decay (AFP $t_{1/2}$ = 5-7 days, β hCG $t_{1/2}$ = 24-48 hours) to assess for serum tumour marker elevation. The S classification is based upon the nadir value after orchiectomy.
SX Marker studies not available or not performed
S0 Marker studies within normal limits
S1 LDH < 1.5 x ULN and β hCG (mIU/mL) < 5000 and AFP (ng/mL) < 1000

- S2** LDH = 1.5-10 x ULN or β hCG = 5,000-50,000 or AFP = 1,000-10,000
S3 LDH > 10 x ULN or β hCG > 50,000 or AFP > 10,000
(ULN = upper limit of normal for LDH assay)

3.4 TNM Stage Grouping

Stage	T	N	M	S
Stage 0	pTis	N0	M0	S0
Stage I	pT1-4	N0	M0	SX
Stage IA	pT1	N0	M0	S0
Stage IB	pT2 pT3 pT4	N0 N0 N0	M0 M0 M0	S0 S0 S0
Stage IS	Any pT/Tx	N0	M0	S1-3
Stage II	Any pT/Tx	N1-3	M0	SX
Stage IIA	Any pT/Tx Any pT/Tx	N1 N1	M0 M0	S0 S1
Stage IIB	Any pT/Tx Any pT/Tx	N2 N2	M0 M0	S0 S1
Stage IIC	Any pT/Tx Any pT/Tx	N3 N3	M0 M0	S0 S1
Stage III	Any pT/Tx	Any N	M1	SX
Stage IIIA	Any pT/Tx Any pT/Tx	Any N Any N	M1a M1a	S0 S1
Stage IIIB	Any pT/Tx Any pT/Tx	N1-3 Any N	M0 M1a	S2 S2
Stage IIIC	Any pT/Tx Any pT/Tx Any pT/Tx	N1-3 Any N Any N	M0 M1a M1b	S3 S3 Any S

Used with the permission of the American Joint Committee on Cancer (AJCC), Chicago, Illinois. The original and primary source for this information is the *AJCC Cancer Staging Manual, Sixth Edition (2002)* published by Springer-Verlag New York. (For information, visit www.cancerstaging.net) Any citation or quotation of this material must be credited to the AJCC as its primary source. The inclusion of this information herein does not authorize any reuse or further distribution without the expressed, written permission of Springer-Verlag New York, Inc., on behalf of the AJCC.

3.5 Prognostic Staging System for Metastatic Germ Cell Tumours

	Non-Seminoma	Seminoma
Good Prognosis	<p>Testis/retroperitoneal primary <i>and</i> No extra-pulmonary visceral metastasis <i>and</i> Good markers - all of:</p> <ul style="list-style-type: none"> • AFP < 1000 ng/mL <p><i>and</i></p> <ul style="list-style-type: none"> • βhCG < 5000 IU/L (1000 ng/mL) <p><i>and</i></p> <ul style="list-style-type: none"> • LDH < 1.5 x ULN <p>56% of non-seminomas 5 year PFS 89% 5 year survival 92%</p>	<p>Any primary site <i>and</i> No non-pulmonary visceral metastasis <i>and</i></p> <ul style="list-style-type: none"> • Normal AFP • Any βhCG • Any LDH <p>90% of seminomas 5 year PFS 82% 5 year survival 86%</p>
Intermediate Prognosis	<p>Testis/retroperitoneal primary <i>and</i> No extra-pulmonary visceral metastasis <i>and</i> Intermediate markers - any of:</p> <ul style="list-style-type: none"> • AFP > 1000 and < 10,000 ng/mL or • βhCG > 5000 and < 50,000 IU/L or • LDH > 1.5 x ULN and < 10 x ULN <p>28% of non-seminomas 5 year PFS 75% 5 year survival 80%</p>	<p>Any primary site <i>and</i> Non-pulmonary visceral metastasis <i>and</i></p> <ul style="list-style-type: none"> • Normal AFP • Any βhCG • Any LDH <p>10% of seminomas 5 year PFS 67% 5 year survival 72%</p>
Poor Prognosis	<p>Mediastinal primary <i>or</i> Extra-pulmonary visceral metastasis <i>or</i> Poor markers - any of:</p> <ul style="list-style-type: none"> • AFP > 10,000 ng/mL or • βhCG > 50,000 IU/L (10,000 ng/mL) <p><i>or</i></p> <ul style="list-style-type: none"> • LDH > 10 x ULN <p>16% of non-seminomas 5 year PFS 41% 5 year survival 48%</p>	<p>No patients classified as poor prognosis</p>

Adapted From: International Germ Cell Consensus Classification: A prognostic factor-based staging system for metastatic germ cell cancers. *J Clin Oncol* 1997, 15: 594-603

Part 4. Referral Information for the New Patient Visit

A letter of referral and a pathology report documenting the cancer diagnosis are the usual minimal requirements for a referral of adult patients to a tertiary cancer center. A referral need not be delayed due to incomplete results from tests (either due to test scheduling delays or waiting time for test results).

Referral to the Capital Health/QEII Cancer Care Program

Referrals to the Capital Health/QEII Cancer Care Program (CCP) may be faxed to the Referrals Office at 902-473-6079 (tel. 902-473-5140). It is preferred that referrals be accompanied by the CCP Referral form available upon request at the above phone numbers or available for download at www.cdha.nshealth.ca/physicianupdate. For urgent or emergent referrals, please page the appropriate specialist on call through the QEII HSC Locating service (902-473-2220) to discuss the referral.

Referral to the Cape Breton Cancer Centre

Referrals to the Cape Breton Cancer Centre may be directed to the referrals/booking office at 902-567-7771 (fax 902-567-7911). For urgent or emergent referrals, please page the appropriate specialist on call through the Cape Breton Regional Hospital Locating service (902-567-8000) to discuss the referral.

Referral to the IWK Health Centre

Pediatric cancers are specifically not covered within this guideline. For adolescent patients, referral calls to the IWK Health Centre may be directed to the pediatric hematologist/oncologist on call at 902-470-8888. For the phone consultation, the following information will be needed: name and age of the patient, parent's phone number, relevant history and physical examination, presumptive diagnosis, and any initial investigation results. Surgical biopsy or other intervention is not recommended until initial contact has been made with the IWK Health Centre pediatric hematologist/oncologist. A summary of history & physical examination

and investigation results can be faxed to 902-470-7208. Further diagnostic investigations will be determined after initial contact and discussion.

Referral Information for Adults

Letter of Referral*

A legible referral or consultation letter highlighting presenting signs and symptoms

Pathology Reports

- a. Needle biopsy
- b. Orchiectomy specimen
- c. Any other diagnostic procedure where a biopsy is taken

Operative Reports (relevant to the cancer- if performed prior to referral)

- a. Orchiectomy
- b. Other

Diagnostic Imaging Reports*

- a. All relevant chest radiographs, including old images*
- b. Thoracic, pelvic, abdominal and any other CT scans*
- c. Any other relevant diagnostic imaging

Other Information

- a. Any relevant consultation reports
- b. β hCG, AFP levels
- c. Renal function test results (if done)*
- d. Relevant bloodwork (if done)*
- e. Detailed information on any previous chemotherapy or radiotherapy of current malignancy
- f. Any information on previous malignancies
- g. Information on co-existing medical conditions and allergies

* *Specific information which is necessary for proper triage of referrals.*

Note: If the referring physician would like to discuss a case with a specialist, feel free to call the appropriate specialist (Radiation Oncology, Medical Oncology, or Urology, by calling 902-473-2220 at CH/QEII HSC or 902-567-8000 at CBCC or 902-428-8888 at IWK and ask for the specialist on call or a specific physician at this number).

If any tests or reports are pending, the date of the procedure, and the location of the procedure should be noted, so that the reports may be obtained when available. Send in the referral while awaiting these results, to facilitate a timely appointment for your patient.

Part 5. Treatment

All testicular tumours should be treated for cure.

5.1 Management of Pure Seminomas

All patients should be AFP negative, mild elevations of LDH or β hCG are acceptable. Any elevation of AFP pre or postoperatively suggests the presence of non-seminomatous elements, and should be managed as such. Patients with pure seminoma on pathology review without evidence of extratesticular spread on physical examination, Chest X-ray and CT abdomen may receive:

a) Adjuvant radiotherapy

Patients receiving postoperative adjuvant radiotherapy should be treated to the peri-aortic, ipsilateral external iliac, left renal hilar & right renal hilar lymph nodes. Omission of the pelvic lymph nodes is also reasonable. Where fertility is an issue, the remaining testicle is shielded in conjunction with sperm banking. Standard treatment for Stage I seminomas leads to high control rates of 95%, and with successful salvage for relapse an overall cure rate of about 99%. Patients will require follow-up after treatment (see Part 6 Table 1). If the pelvis is omitted in the radiation portal, then the pelvis should be surveyed with pelvic CT Scans as per the surveillance guidelines (Part 6 Table 1).

b) Surveillance

This may be an option for selected individuals: compliant; accessible for follow-up; low risk for recurrence (N0, tumour <4 cm, no rete testis involvement, no lymphovascular invasion). Surveillance requires regular clinical and radiological assessments (see Part 6 Table 2). Patients should be advised of an average of 18% [range 6 -35%] risk of requiring salvage treatment (radiation or chemotherapy).

Patients with low volume (<5 cm para-aortic nodal mass) abdominal disease should have curative abdominal radiation if there is no evidence of extra-abdominal/extra-nodal disease and/or elevated tumour markers postorchiectomy. Patients with nodal masses <2 cm should be treated with para-aortic plus ipsilateral pelvic irradiation as per N0 disease (above), boosting

gross nodal disease. Patients with bulkier, but not advanced (<5 cm), nodal disease should have irradiation to the para-aortic region plus pelvis with a boost to the involved nodes (Appendix I)

Patients with bulky abdominal disease (>5 cm), extra-abdominal disease or visceral disease are treated with primary chemotherapy, with regimens similar to that for non-seminomatous germ cell tumours (see Appendix II). Patients with post-chemotherapy residual masses <3 cm or >90% reduction should be observed. Controversy exists regarding the minority of patients with a residual mass > 3 cm or <90% reduction, and management may include observation, radiation therapy or surgery. These cases should be discussed at the clinical case conference rounds to individualize therapy.

5.2 Management of Non-seminomatous Germ Cell Tumours (With or Without Seminoma)

This includes all histological subtypes, and pathological pure seminomas with any AFP increase or moderate to marked elevation of β hCG.

5.2.1 T1-3 N0 M0 Treatment Options:

a) Surveillance:

Close post orchiectomy surveillance requires that:

- i) all staging is unequivocally normal
- ii) the patient is considered reliable and available for close follow up including serial CT scans of the retroperitoneum. If surveillance is opted for, follow the schedule in Part 6, Table 3.

b) Retroperitoneal lymph node dissection (nerve-sparing):

This option to preserve the contralateral and, potentially, ipsilateral sympathetic nerves is a surgical technique which allows normal ejaculation in most patients. But, where intraoperative lymphadenopathy is encountered, a full bilateral block dissection should be performed. (See Appendix III)

c) Retroperitoneal lymph node dissection (bilateral):

This option is appropriate in patients for

whom fertility is not important or where compliance with surveillance is unrealistic. (See Appendix III)

- d) Adjuvant Chemotherapy
No randomized experience but may be an option in very specific circumstances.

5.2.2 T0-4a N1-2 M0

Treatment should be selected to provide the best chance of cure with a single modality as this will minimize morbidity. Early referral for assessment is preferred.

- a) Primary chemotherapy is recommended for a retroperitoneal mass over 3 cm; or abnormal/equivocal scan and elevation of tumour markers. (See Appendix II)
- b) Radical bilateral retroperitoneal lymph node dissection is an option for patients with minor (<3 cm, including longitudinal axis) lymphadenopathy and negative markers. Postoperative adjuvant chemotherapy is usually advised where complete pathological examination of removed tissue shows tumour >2 cm, >5 nodes or extranodal extension; otherwise close follow up for early detection of relapse and institution of chemotherapy salvage.

5.2.3 T any N0 M1a

Persistent or rising markers post-orchidectomy, CT abdomen negative. Referral for chemotherapy is required.

5.2.4 T any N2-3 M0; T any N any M1

Chemotherapy with resection of any residual disease on radiological imaging post chemotherapy. If malignancy is evident in the resected specimen, two further cycles of chemotherapy may be required. Patients will require follow-up after treatment (see Part 6, Table 4).

5.3 Recurrent Germ Cell Tumour After Chemotherapy

Relapses of early stage germ cell tumours are uncommon, but even with widespread disease patients are potentially curable. Tumour markers should be repeated and a pathological diagnosis obtained when necessary to confirm the diagnosis. Usually chemotherapy will be the primary treatment for recurrent germ cell tumours, but surgery and/or radiotherapy may also be required, especially for late relapses. Given the rarity of these cases, an urgent clinical case conference is needed to discuss individualized treatment.

Part 6. Follow-up Practice Guidelines

Follow-up guidelines have been developed by review of published guidelines and consensus of the GU CST members, as described in Tables 6-1 to 6-4. This is a patient population where clear and concise and compliant follow-up and surveillance schedules are imperative. The recommendations that follow are not meant to exclude any team member from following these patients, such as the urologist post-RPLND. They are only to clarify the person who is primarily responsible for the follow-up so that these patients do not slip through the cracks.

Where more than one specialist is involved in the care of the patient, it should be clearly understood by the patient, the family physician and the specialist who is responsible for follow-up and surveillance.

Follow-up appointments should be coordinated to prevent burden on the patient and duplication of investigations.

Table 6-1. Seminoma (Post Adjuvant Radiotherapy)

The radiation oncologist will arrange primary follow-up.		
After year 5, the radiation oncologist should clarify follow-up responsibilities with the family physician and the patient.		
Year	Frequency	Investigations
1-2	q 4 months	History & Physical, Chest X-Ray, AFP, β hCG
3-5	q 6 months	History & Physical, Chest X-Ray, AFP, β hCG
6-10	q 12 months	History & Physical, Chest X-Ray, AFP, β hCG

Table 6-2. Seminoma (Surveillance)

Urologist is responsible for surveillance if patient has not been referred to radiation oncology.		
If the patient has been referred to radiation oncology, the radiation oncologist must discuss responsibility for surveillance with the urologist. The decision will be clearly outlined in the radiation oncologist's consult letter.		
After year 10, the specialist should clarify follow-up responsibilities with the family physician and the patient.		
Year	Frequency	Investigations
1	q 3 monthly	History & Physical, Chest X-ray, CT scan Abdomen/Pelvis, AFP, β hCG
2-3	q 4 months	History & Physical, Chest X-Ray, CT scan Abdomen/Pelvis, AFP, β hCG
4-5	q 6 monthly	History & Physical, Chest X-Ray, CT scan Abdomen/Pelvis, AFP, β hCG
6-10	q 12 monthly	History & Physical, Chest X-ray, CT scan Abdomen/Pelvis, AFP, β hCG
11-16	q 24 monthly	History & Physical, Chest X-ray, AFP, β hCG May be followed by family physician or specialist

Table 6-3. Non-Seminoma (Surveillance)

The urologist is responsible for surveillance if patient has not been referred to medical oncology.

If the patient has been referred to medical oncology, the medical oncologist must discuss responsibility for surveillance with the urologist. The decision will be clearly outlined in the medical oncologist's consult letter.

After year 5, follow-up can be conducted by the family physician. This responsibility and appropriate investigations should be clearly communicated by the specialist to the family physician and the patient.

Year	Frequency	Investigations
1	q 1 monthly q 3 monthly	History & Physical, AFP, βhCG CT Chest/Abdomen/Pelvis
2	q 2 monthly q 6 monthly	History & Physical, AFP, βhCG CT Chest/Abdomen/Pelvis
3	q 3 monthly q 6 monthly	History & Physical, Chest X-Ray, AFP, βhCG CT Abdomen/Pelvis
4-5	q 6 monthly q 12 monthly	History & Physical, Chest X-Ray, AFP, βhCG CT Abdomen/Pelvis
Thereafter	q 12 monthly	History & Physical, Chest X-Ray, AFP, βhCG

Follow-up after year 5 can be done by the family physician.

Table 6-4. Non-Seminoma (Post Chemotherapy)

The medical oncologist will arrange primary follow-up.

After year 5, follow-up can be conducted by the family physician. This responsibility and appropriate investigations should be clearly communicated by the medical oncologist to the family physician and the patient.

Year	Frequency	Investigations
1	q 2 monthly at 6 months	History & Physical, Chest X-Ray, AFP, βhCG CT Scan, Chest/Abdomen/Pelvis
2	q 4 monthly at 24 months	History & Physical, Chest X-Ray, AFP, βhCG CT Scan, Chest/Abdomen/Pelvis
3-5	q 6 monthly	History & Physical, Chest X-Ray, AFP, βhCG
Thereafter	q 12 monthly	History & Physical, Chest X-Ray, AFP, βhCG

Thereafter periodic CT scans may be done for patients who had large volume teratoma.

Follow-up after year 5 can be done by the family physician but any symptoms that could be a long-term toxicity event (to chemotherapy or radiotherapy) should be referred back to the specialist.

Part 7. Supportive Care Issues

Supportive Care issues are as important in the care of a cancer patient as the actual treatment of the cancer. All health care professionals caring for men with testes cancer have a responsibility to address supportive care issues and are involved in patient and family teaching, providing general psychosocial/emotional support to the patient and his family and connecting the patient and family to community resources.

Issues around reproduction and sexual health are important to discuss with men diagnosed with testicular cancer. Because the treatment for testicular cancer can have long-term implications for a man's ability to produce viable sperm, issues of reproduction must be discussed prior to the initiation of definitive treatment.

Sperm Banking

Sperm banking in Nova Scotia is not a publicly-insured service. The uninsured component of the Reproductive Endocrine Centre through the IWK Health Centre is called AART, the Atlantic Assisted Reproductive Therapies Clinic. It is located at 213 City Centre Atlantic, 1535 Dresden Row, Halifax. Phone: (902) 404-8600. (www.aart.ca).

Because collection may be difficult and often the time frame is short, the first collection goes directly to AART who will analyze the sample. If it is adequate for banking, they will use this sample as the first collection. If it is not adequate, they will notify the patient or the unit (if the person is an inpatient). The centre has been very flexible in trying to accommodate the needs of short notice patients.

Testicular Prosthesis

Interest in testicular prostheses is increasing. The possibility of testicular prosthesis should be discussed with the patient by the urologist.

Sexual Health Issues

It is very common for the cancer experience to cause the patient and family a great deal of psychological distress. Many couples describe the stress and strain on their relationship as they cope with the diagnosis, treatment, recovery and long-term complications. Often these long-term

complications can be both physical and psychological.

Patients should be aware that removal of a testicle will not effect their ability to have erections.

Psychosexual adjustment is challenging for many of these men and their partners. Often men are coping with anxiety, fears, uncertainty, depression, body image changes and changes in feelings of masculinity. All of these impact self-esteem and self-confidence that in turn impact sexual health. Many couples find that their relationship is strained. Often couples have not discussed the whole cancer experience and what each other has felt, aspects of intimacy have disappeared, and with concerns about changes caused by the disease and treatment, they totally avoid sexual activity.

After treatment and through follow-up care, thorough assessments should be conducted to explore relationship, intimacy and sexual functioning concerns. These should be conducted by a health professional who is comfortable with this content and who is aware of sexual health resources. (e.g. Erectile Dysfunction clinic at the QEII Health Science Centre, or the psychosocial oncology team through the QEII Cancer Care Program)

The Erectile Dysfunction clinic (ED Clinic) explores hormonal, neurological and psychological issues. There is an 8-12 month waiting list. Patients are assessed first by a urologist and may then be seen by nursing for further assessment. Referrals can be faxed to (902) 473-4245.

Health care providers should first discuss the possibility of referral with the patient and his partner.

Possible Questions to begin Assessment

Do you have any concerns about being intimate/lovemaking because of the cancer or treatment?

Your type of cancer & treatment can cause changes in your body that change how things work when you are making love. Have you or your partner noticed any changes?

Have you felt any changes in how you are responding sexually?

Cancer can create changes in how people see themselves as a man. Some men can feel less masculine. Have you felt this way at all?

Has having cancer got in the way of you being a husband/partner? What is the biggest change for you right now about what has gone on? How much of a concern is this to you?

Many couples find that cancer and its treatment puts a strain on their relationship. Has this been the case for you? Would it be helpful to talk about it?

Other Resources

The Supportive Care Cancer Site Team is developing guidelines to address the management of cancer symptom management and complications resulting from cancer treatment.

Current guidelines include:

Guidelines for the Management of Nausea and Vomiting in Cancer Patients (2004)

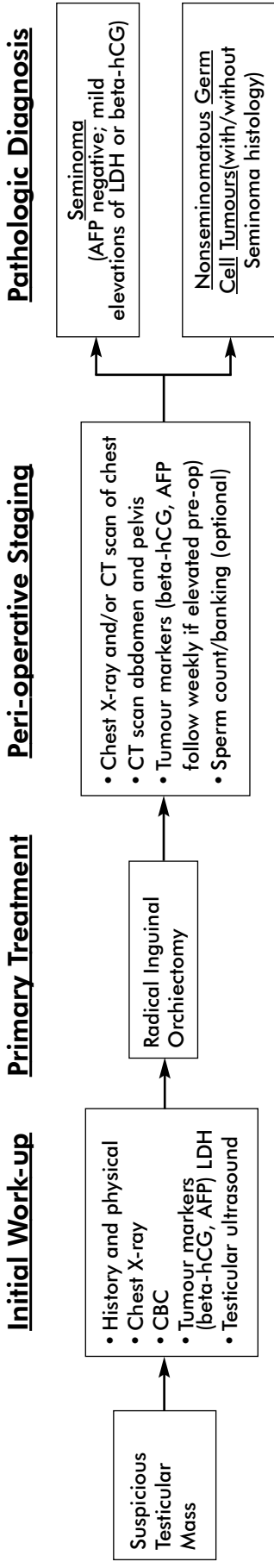
Guidelines for the Management of Cancer-Related Pain (2005)

Guidelines for the Management of Oral Complications from Cancer Treatment (2005-6)

These are available on the *CCNS* website (www.cancercare.ns.ca) or through Michele Moore at (902) 473-3152 or michele.moore@ccns.nshealth.ca.

The Canadian Cancer Society Cancer Information Line 1-888-939-3333 (available Monday-Friday 9:00 am-6:00pm) and their website www.cancer.ca provides community-specific and disease-specific listings of services available to cancer patients.

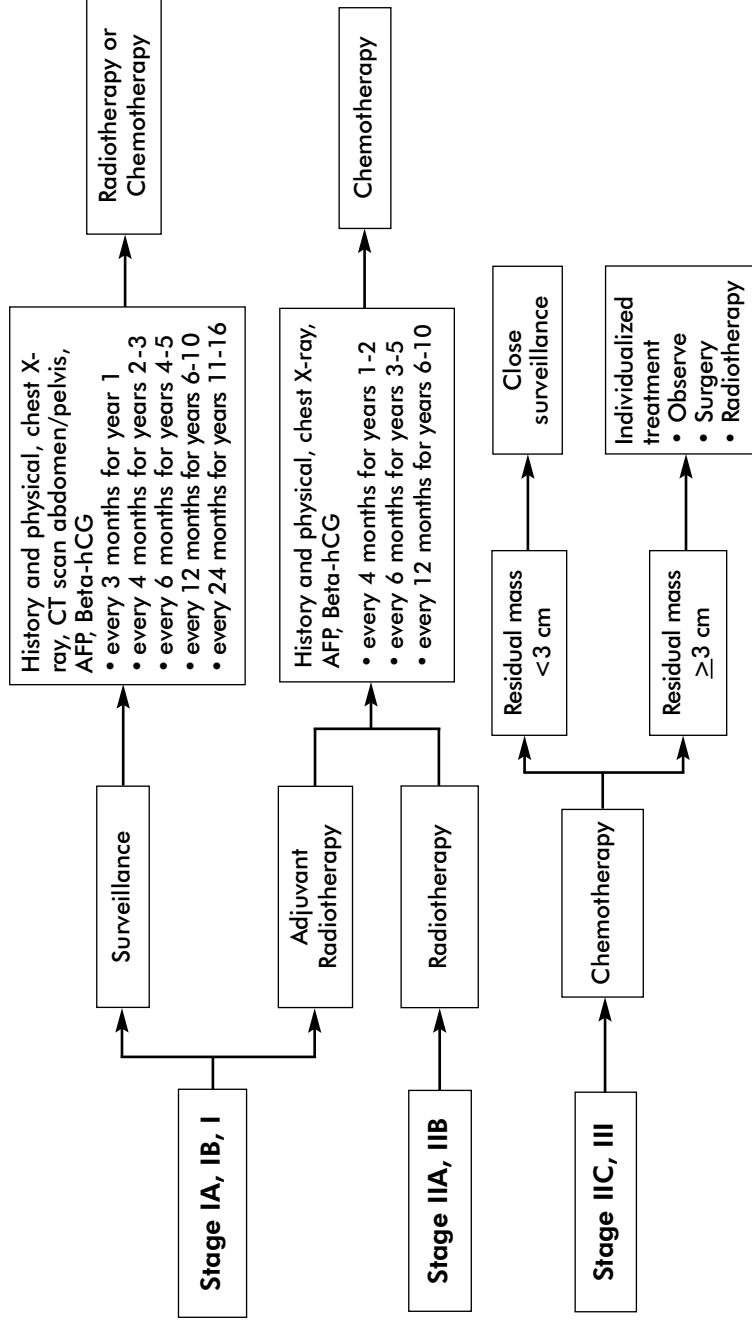
Part 8. Practice Pathway for the Management of Testicular Cancer



Seminoma Management

Clinical Stage Initial Management Follow-up* Management of Recurrence

*Responsibility for follow up should be clarified by treating specialists and family physician



Non-Seminomatous Germ Cell Tumour Management

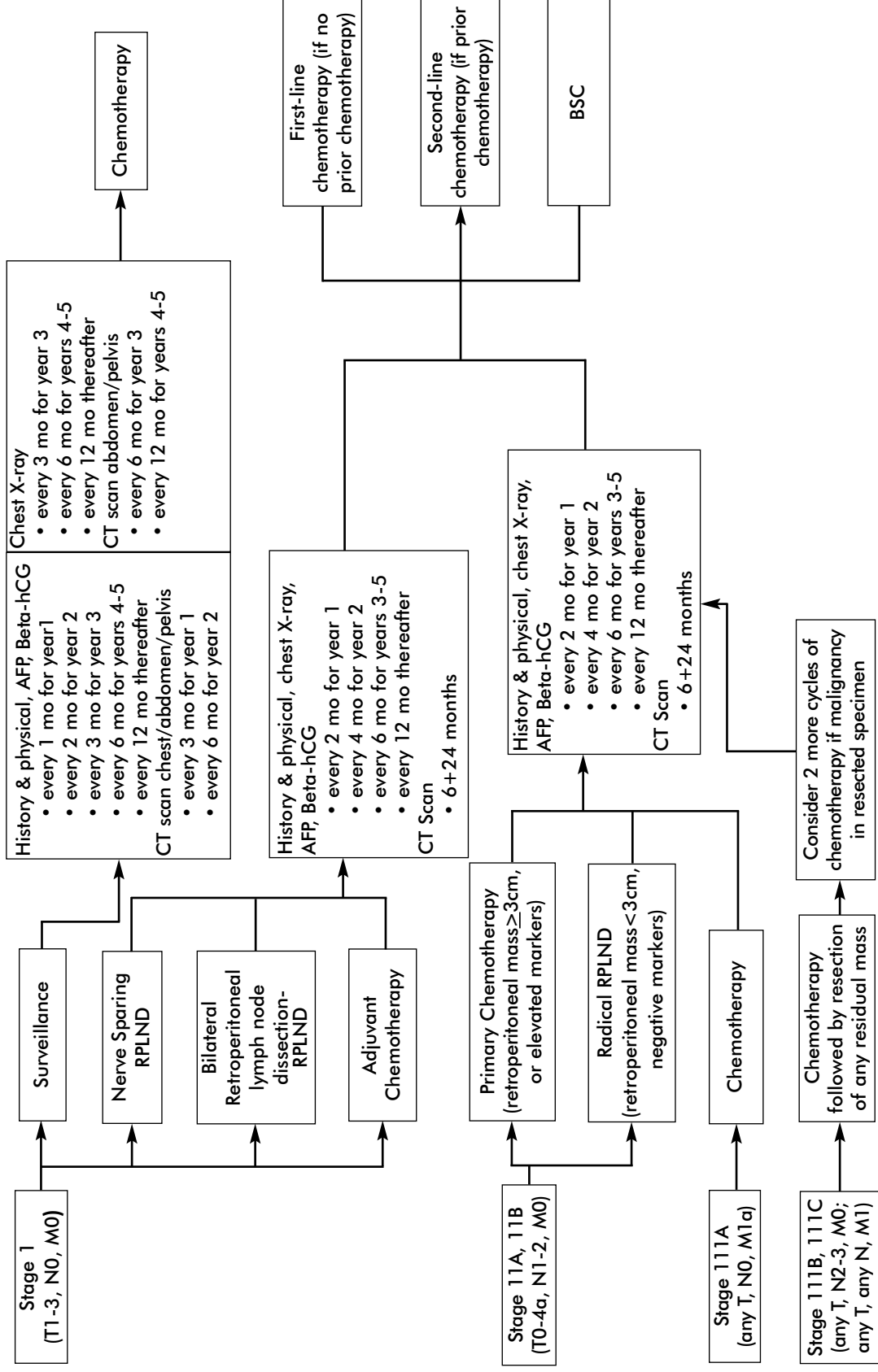
Clinical Stage

Initial Management

Follow-up*

Management of Recurrence

*Follow up responsibilities should be clarified by treating specialists and family physician



Part 9. Guideline Development Process

The Genitourinary (GU) Cancer Site Team of *Cancer Care Nova Scotia* developed this guideline through consensus using current literature and guidelines developed at other Canadian centres.

The final draft of the guideline was circulated to all oncologists, urologists and Chiefs of Pathology in Nova Scotia, New Brunswick and Prince Edward Island for their review and comments. GU team members and oncologists in Nova Scotia known not to treat testicular cancer were excluded from the survey. Comments were anonymously received from 18 respondents (20% response rate). Their comments were carefully considered and appropriate changes were made. The responses to key questions from the survey can be found at the end of this section. The GU team would like to thank everyone who took the time to review the draft guideline and return the survey.

The approved guideline will be circulated in hard copy to all oncologists and urologists as well as to the cancer chemotherapy clinics, regional hospital pharmacies and Chiefs of Pathology in Nova Scotia. Copies will also be made available to oncologists and urologists in Prince Edward Island and New Brunswick. Others who are interested may request hard copies by contacting *Cancer Care Nova Scotia* at 1-866-599-2267. The approved guideline will also be available on the CCNS website (www.cancercare.ns.ca). This guideline was revised in April, 2005 to address changes to the recommendations for follow-up (Table 6.2) and to improve the section on supportive care.

The guideline will be reviewed three years after approval or revised as necessary before then as new evidence becomes available. The most recent version of this guideline will always be available on the CCNS website.

The development of this guideline was funded indirectly by CCNS via a stipend for the GU Cancer Site Team's operations. CCNS staff also support the guideline development process. CCNS directly funded the design, printing and dissemination of the guideline survey as well as the approved guideline. The views and interests of CCNS have not influenced the GU Cancer Site Team's recommendations in this guideline.

9.1 Key Results from Survey Review

88 questionnaires mailed to all urologists, medical and radiation oncologists and Chiefs of Pathology in NS, NB, PEI in 2003.

8 surveys returned "Not delivered"

18 surveys completed and returned

18/80 (22% response rate)

Respondents by Specialty and Province

	NB	NS	PEI	No Province Identified	Total and Percent
Urology	1	4		1	6 (33%)
Medical Oncology	2		1		3 (17%)
Pathology	1	4	1		6 (33%)
Radiation Oncology	3				3 (17%)
Total and Percent	7 (38%)	8 (44%)	2 (11%)	1 (0.5%)	18 (100%)

Q1 Is the guideline relevant to your practice?

Total Responses 15 Yes 12
No 3

Q2 A guideline on this topic will be useful to clinicians

Total Response 15 Strongly Agree 8
Agree 7

Q3 I agree with the guideline

Total Response 15 Strongly Agree 7
Agree 8

Q6 Would you use this guideline in your own practice?

Total Response 17 Yes 17

Q7 In your opinion, this guideline should be disseminated to all appropriate practitioners in Nova Scotia

	Yes	No	Unsure
Total Response 17	15	1	1

9.2 Genitourinary Cancer Site Team Members

Lori Wood	Medical Oncology (Co-Chair), Capital Health
Derek Wilke	Radiation Oncology (Co-Chair), Capital Health
David Bell	Urologic Oncology, Capital Health
Larry Broadfield	Systemic Therapy Program, CCNS
Rekha Gupta	Pathologist, Capital Health
Helmut Hollenhorst	Radiation Oncologist, Capital Health
Paul Joseph	Radiation Oncology, Capital Health
Heather MacKenzie	Cancer Site Team Secretary, CCNS
Susan Marsh	Urology Nurse, Capital Health
Jill Petrella	Quality Co-ordinator, CCNS
Ricardo Rendon	Urologic Oncology, Capital Health
Marlene Sellon	Oncology Pharmacy, CCNS

Special thanks to Joan Hamilton, Clinical Nurse Specialist, Capital Health, for assistance with writing the section on Supportive Care.

Appendix I Radiotherapy Guidelines

Stage I Seminoma:

The radiation oncologist may recommend a surveillance protocol for patients who have no risk factors, that is:

- primary tumour < 4 cm
- no rete testis involvement
- no lymphovascular invasion

In these cases, there is about a 6% chance of failure on the observation protocol. For all other patients, we will recommend adjuvant periaortic and ipsilateral pelvic radiation.

Technical Guidelines

Stage I Seminoma Radiation:

Patients are treated with the bladder empty and with a scrotal shield if they want to preserve their fertility. The scan parameters for radiation therapy simulation are from T8 to the bottom of the obturator foramen.

The target volume is the para-aortic lymph nodes from the T12 vertebrae down to the bifurcation of the aorta and inferior vena cava. The ipsilateral common iliac and external iliac lymph nodes may be treated at the discretion of the radiation oncologist. The lymph nodes in the left renal hilum will be covered in all patients whereas the lymph nodes in the right renal hilum are to be encompassed if it was a right-sided primary tumour.

The radiation oncologist will outline both kidneys, bladder and the blood vessels associated with the target lymph nodes. The isocentre will be chosen halfway between the estimated inferior and superior extended fields and placed approximately centered between the right and left borders at the mid-separation.

The superior field borders will be the T10-T11 interspace. The inferior border will be at most the top of the obturator foramen. The lateral fields will coincide with the maximum extent of the margin beyond the external iliac vessels. The technique is anterior - posterior with individualized shielding on both fields. The autoblock will be set at least 18 mm from the edge of the target (blood vessels). The shields will be modified around the kidneys to provide a 1 cm margin around the target blood

vessels/lymph nodes.

The dose is 25 Gy in 15-20 fractions prescribed at the mid-separation/isocentre.

Patients with Stage IIA/B Disease:

These patients will be treated with initial radiation portal with an "Inverted Y" field to 2500 cGy in 20 fractions. These patients will receive an additional 10 Gy in 5 fractions using an APPA technique, boosting the pre-radiation lymph node volume with a 1.5 cm margin to block edge.

Post-treatment follow-up CT scans are required of the abdomen and pelvis, using the same schedule as the Seminoma surveillance guidelines (Table 6-2).

Appendix II Systemic Therapy Regimens

Previously Untreated - Good Prognosis

CISP-ETOP x 4 cycles or BEP x 3 cycles q 21 days

CISP-ETOP

Etoposide 100 mg/m² IV daily X 5 days

Cisplatin 20 mg/m² IV daily X 5 days

BEP

Etoposide 100 mg/m² IV daily X 5 days

Cisplatin 20 mg/m² IV daily X 5 days

Bleomycin 30 units IV weekly on days 2, 9, 16

Previously Untreated - Intermediate and poor prognosis

BEP x 4 cycles q 21 days

BEP

Etoposide 100 mg/m² IV daily X 5 days

Cisplatin 20 mg/m² IV daily X 5 days

Bleomycin 30 units IV weekly on days 2, 9, 16

Previously Treated - First Line Salvage Therapy

VIP or VeIP q21 days

V (Etoposide) IP

Ifosfamide 1.2 g/m² IV daily X 5 days

Mesna 240 mg/m² IV every 8 hours X 5 days

Cisplatin 20 mg/m² IV X 5 days plus

Etoposide 75 mg/m² IV daily X 5 days

Ve (Vinblastine) IP

Ifosfamide 1.2 g/m² IV daily X 5 days

Mesna 240 mg/m² IV every 8 hours X 5 days

Cisplatin 20 mg/m² IV X 5 days plus

Vinblastine 0.11 mg/kg IV on days 1 & 2

Note: IV = intravenous

(see the Systemic Therapy Manual for Cancer Treatment)

Appendix III Retroperitoneal Lymph Node Dissection Guidelines

Stage I:

Nerve sparing is the preferred technique for patients with grossly negative lymph nodes. For left-sided tumours, the upper limit of the dissection is the renal vessels, the lateral limit is the left ureter, the medial limit is the medial border of the cava from the renal vessels to the inferior mesenteric artery, and the left iliac artery down to where the left ureter crosses the iliac vessels. For right-sided tumours, the upper limit of the dissection is the renal vessels, the lateral limit is the right ureter, the medial limit is the medial border of the aorta from the renal vessels to the inferior mesenteric artery and the right iliac artery down to where the right ureter crosses the iliac vessels. The ipsilateral spermatic cord should always be removed with the specimen.

Stage IIA:

The template dissection is the preferred technique for patients with positive CTs and/or grossly abnormal lymph nodes. For left-sided tumours, the upper limit of the dissection is the renal vessels, the left lateral limit is the left ureter, the right lateral limits are the right ureter from the renal vessels to the inferior mesenteric artery, and, below this level, the left iliac artery down to where the left ureter crosses the iliac vessels. For right-sided tumours, the upper limit of the dissection is the renal vessels, the right lateral limit is the right ureter, the left lateral limits are the renal vessels to the inferior mesenteric artery and, below this level, the right iliac artery down to where the right ureter crosses the iliac vessels. Preservation of the postganglionic sympathetic nerve fibres overlying the aorta, particularly L3-L4, can be attempted if a complete removal of the nodal packages is possible. If the abnormal nodes are not included in these nodal packages, the dissection should be extended accordingly.

Stage IIB and Postchemotherapy Residual Masses:

Full bilateral dissection is the preferred technique. In these patients, the upper limit of the dissection is at the renal vessels, the lateral limits are both ureters, the inferior limit on the side of the testicular tumour is where the ipsilateral ureter crosses the iliac vessels. On the contralateral side, the inferior limit is at the origin of the inferior mesenteric artery. As with stage IIA, preservation of the postganglionic sympathetic nerve fibres can be attempted, and if the abnormal nodes are not included within the described limits, the dissection should be extended accordingly.



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