

Testicular Self-examination

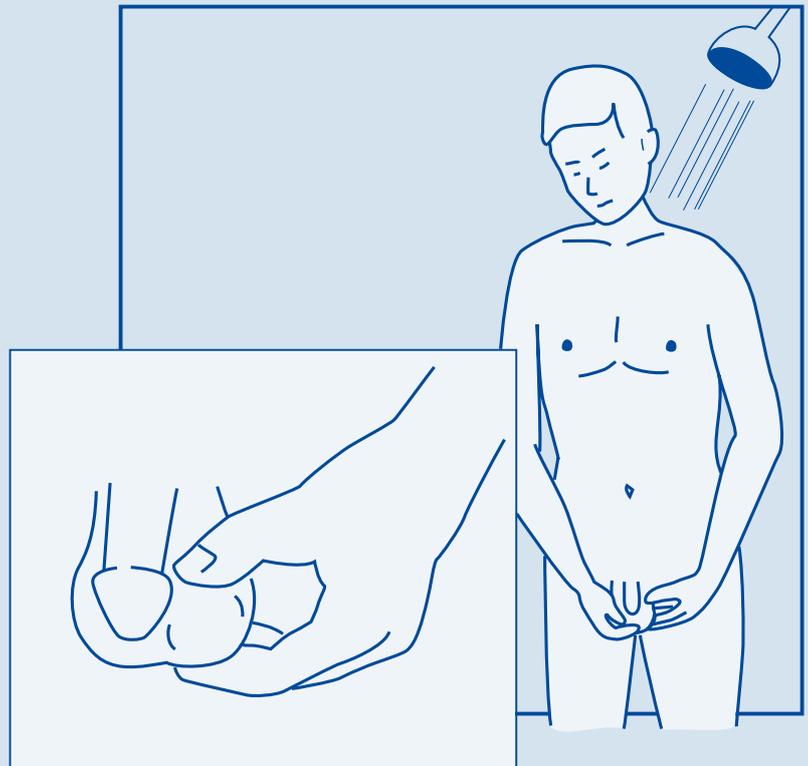
Testicular cancer has a very good cure rate if it is found and treated early.

It is important that young men check their testes each month for any lumps or swellings and if concerned, should see their doctor straight away.

- A testicular self-examination is a quick and simple process which may be easier after a warm bath or shower when the skin of the scrotum is relaxed.
- It is important that both testes are checked, one at a time.
- Using the palm of your hand, support your scrotum. Try to become familiar with the texture and size of each testis. If there is any change to how it feels normally, see your local doctor.
- Gently roll one testis between your thumb and fingers to feel for any lumps or swellings in or on the surface of the testis.
- Repeat with the other testis. The testes should feel firm and the surface smooth.
- Using your thumb and fingers, feel along the epididymis at the back of the testis. The epididymis is a soft, highly coiled tube that carries sperm from the testis to the vas deferens. Check for any swelling in this area.

Even if you have had testicular cancer, or are being treated, it is important to still perform a testicular self-examination, as there is about a 5% chance of testicular cancer may develop in the other testis.

It is normal for one testis to be slightly bigger than the other, and the left testis often hangs lower than the right.



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