



PROMOTE. PROTECT. PREVENT.

Testicular Self-Examination

- **What is a testicular self-exam?**
It is a self-exam of the testicles performed for early detection of cancer.
- **Who should do a testicular self-exam?**
All men beginning at age 15.
- **Why should I do a testicular self-exam?**
Regular testicular self-exams are an important way to detect and identify changes that can be a sign of cancer. Early diagnosis is important because testicular cancer is highly treatable when found early.
- **When should the exam be done?**
Every monthly
- **Why is it important?**
Testicular tumors are the most common cancer occurring in men

Three easy steps to testicular self-exam:

1. **Stand in front of a mirror without clothing.**
Look at the skin of the scrotum for any swelling.
2. **Examine each testicle with both hands.**
Place the index and middle fingers under the testicle while placing your thumbs on the top.
3. **Gently roll the testicle between the thumbs and fingers.**
Feel for lumps and bumps. Remember that the testicles are usually smooth, oval shaped and somewhat firm.

Early diagnosis is important – over time, testicular cancer can spread and become more dangerous and difficult to treat. Don't be embarrassed to call your doctor if you find any of the following:

- Lumps
- Swelling
- a heavy-feeling testicle
- Pain