

CHECK 'EM!

Take Testicular Cancer Seriously! Don't Risk Your Life!

Early Detection Of Testicular Cancer

All men, from the time they are 15 years old, should learn how to perform testicular self-examination (TSE).

This is a simple, pain-free way to check what is normal for your testicles so that you will notice any changes. And you should do it regularly.

Early detection of testicular cancer can make a difference in the treatment of the disease.

How To Check Your Testicles

The best time to check your testicles is just after you've had a bath or shower, when the muscles in the scrotum are relaxed, making it easier for you to feel any lumps, growths or tenderness.

- 1 Stand in front of the mirror. Look for any swelling on the skin of your scrotum. You should not feel any pain when checking you testicles.
- 2 Hold your scrotum in your hands so that you can feel the size and weight of each testicle. It is common for one testicle to be slightly larger and it may also hang lower than the other.
- 3 Feel each testicle and roll it between your thumb and finger. It should feel smooth. You'll feel a soft, tender tube towards the back of each testicle. This is normal.

After you've become familiar with how your scrotum feels, you'll know when there are any changes.

Also make sure that when you have your regular medical checkup with your doctor, you include a testicular exam.