

know your



TESTICULAR CANCER

IS THE MOST COMMON FORM OF CANCER IN MEN BETWEEN THE AGES OF **15 AND 35**

I check mine monthly!

DO A TESTICULAR SELF-EXAM ONCE A MONTH, DURING OR AFTER A WARM SHOWER.

MOST CASES AFFECT MEN UNDER **55**

It usually shows up as a **painless lump** in the testicle.

THE GOOD NEWS

A simple **monthly self-exam** may help find trouble before it gets serious. When detected early, testicular cancer is almost **100%** curable.

PERFORMING THE EXAM

CHECK THE TESTICLES

Hold your scrotum in the palm of your hand and roll each testicle gently between the thumbs and fingers of both hands. Feel for changes in each testicle, one at a time.



CHECK THE EPIDIDYMIS

Each testicle has a small, coiled tube, called the epididymis, that can feel like a small bump on the upper or middle outer side of the testicle. Gently feel each epididymis for changes.



It only takes 3-5 minutes

CHECK THE VAS

The vas deferens is a little tube that runs up from the top of each testicle. A normal vas feels like a firm piece of cooked spaghetti. Feel for changes in the vas above each testicle.



See the step by step process of a testicular self-exam >

Normal testicles have blood vessels, supporting tissues, and tubes that carry sperm, which can sometimes be confused with abnormal lumps at first.



If you have concerns or feel any abnormalities, tell your doctor right away. In addition to doing your own TSE, you should also see your doctor for regular checkups.



SOURCES: Testicular Self-Exam (TSE), Staywell Krames, 11/1/2013, American Cancer Society