

SEAN KIMERLING  
TESTICULAR CANCER  
FOUNDATION

**CHECK EM.**

Stop the #1 cancer in men under 40.

[checkyourselfout.org](http://checkyourselfout.org)

Testicular cancer is the most common form of cancer in men ages 15 to 40. It is almost always curable if caught and treated early. If untreated, it is fatal.

**PERFORM A SELF EXAM once a month. (The shower is an ideal place to do it.)**

**1**  
Using both hands, examine one testicle at a time feeling for any lumps or abnormalities.

**2**  
Place your thumbs over the top of your testicle, with the index and middle fingers behind, roll it between your fingers. When examining, feel for any lumps or bumps that may be as small as a piece of rice or a small, hard pea.

**3**  
Look for any swelling in the skin of the scrotum or in the groin in front of the mirror. Although lumps or swelling may not be cancer, you should contact your doctor right away if you notice any changes in your testicle or have any pain in your groin for an accurate diagnosis.

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SHOWER TAG