

PERFORM A SELF-EXAM



It's best to do a TSE during or right after a hot shower or bath. The scrotum (skin that covers the testicles) is most relaxed then, which makes it easier to examine the testicles.

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



CHECK EM.

Testicular cancer – It's the #1 cancer in men under 40.



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.

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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For more information
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