

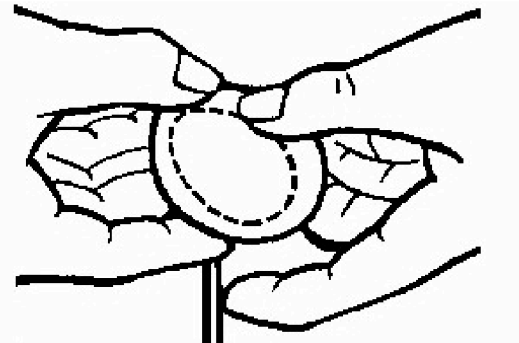
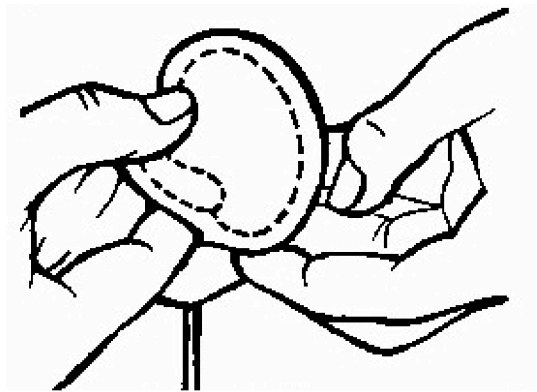
Your Personal Guide to a Monthly

Testicular Self-Exam (TSE)

A simple 3 minute self-examination, once a month, can detect one of the cancers most common among men aged 15-34. If detected early, testicular cancer is one of the most easily cured.

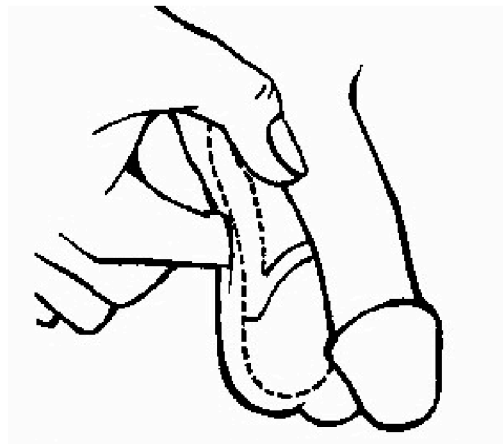
The best time to check yourself is in the shower or after a warm bath. Fingers glide over soapy skin making it easier to concentrate on the texture underneath. The heat causes the skin to relax, making the exam easier.

1. Start by examining your testicles. Slowly roll the testicle between the thumb and fingers, applying slight pressure. Try to find hard, painless lumps.



2. Now examine your epididymis. This comma-shaped cord is behind each testicle. It may be tender to the touch. It's also the location of most non-cancerous problems.

3. Continue by examining the vas (the sperm-carrying tube that runs up from your epididymus). The vas normally feels like a firm, movable smooth tube.



What are the symptoms

In early stages testicular cancer may be symptomless. When symptoms do occur they include:

- Lump on the testicle
- Slight enlargement of one of the testes
- Heavy sensation in testicles or groin
- Dull ache in lower abdomen or groin

If you feel any hard lumps or nodules, see your doctor promptly. Only your doctor can make a diagnosis.

4. Now repeat the exam on the other side.

