TESTICULAR SELF-EXAMINATION:
HOW YOU COULD SAVE YOUR OWN LIFE

How to do testicular self-exam

The best time to do the self-exam is during or after a bath or shower, when the skin of the scrotum is relaxed. To do a testicular self-exam:

- Hold your penis out of the way and check one testicle at a time.
- Roll each testicle between the thumb and the first three fingers until you have felt the entire surface. The testicle should feel round and smooth, like hard-boiled eggs.
- Be on the lookout for lumps, irregularities, a change in the size of the testicle, pain in the testicle or a dragging sensation. All of these are possible signs of a tumor. If you find any of them, consult your physician at once. Remember, you need to examine blood vessels that are also in the scrotum. Your doctor will show you the difference.
- Pick a regular day of the month to examine your testicles-the day of your birthday, the first Sunday or some other day that is easy to remember. Do the examination more frequently if you prefer.

Testicular cancer is a real killer of young men. But when it takes so very little to protect yourself-just half a minute a month-it makes sense to do this simple examination.

If you have further questions about testicular cancer or how to examine your testicles, ask your doctor. You can also find more information at your local chapter of the American Cancer Society.

Cancer of the testicles is the number one cancer in teenage boys and young adult men. It can strike at any time after sexual maturity. No one knows what causes the cancer. It is relatively rare but may be increasing slowly. A young man has about one in 10,000 chance yearly of developing testicular cancer.

If found in its early stages, when it is just a lump in the testicle and has not spread, a cancer is almost 100% curable.

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