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Testicular Self-Exam

The testicular self-exam aids in early detection of cancerous growths. Caught in the early stages, the disease is almost always treatable. Testicular cancer can affect young men as early as 15 years of age!

Here's How:

1. Stand naked in front of a full length mirror. Look for any swelling on the skin of the scrotum.
2. Carefully examine each testicle with both hands. Using your thumb and fingers, roll each testicle around. Feel for any lumps. They can be as small as a pea.
3. Next, find the cordlike structure on the top and back of the testicles. This is called the epididymis. This is not to be confused with a lump.
4. Finally, check for any lumps on the side and front of each testicle.

Tips:

1. Perform the exam after a warm bath or shower. This allows the scrotum to relax, making it easier to find lumps or masses.
2. Be sure to perform the exam every month.
3. Always report any abnormal findings to your doctor. Lumps may be painless, but still require medical examination.
4. Considering testicular cancer occurs in men as young as 15 years old, teach your sons about testicle health and how to perform a self exam.