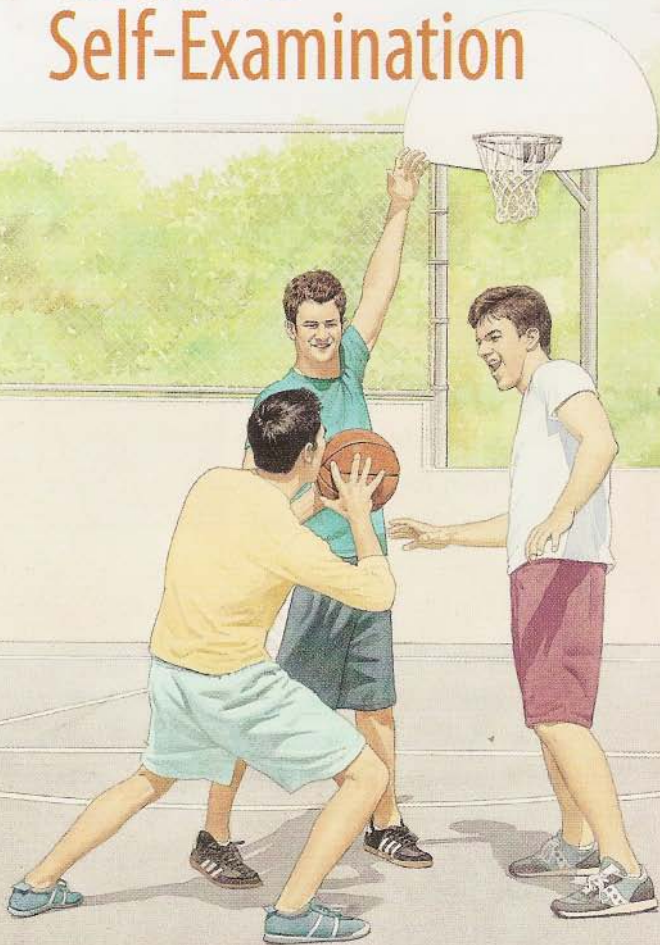


TSE

Testicular Self-Examination



What Young Men
Should Know

Testicular Self-Exam: Are You Doing It Yet?

Why should you, a young man, have to think about cancer? Because the fact is, testicular cancer is the most common type of cancer found in men between the ages of 15 and 34. The good news is that a simple, quick, monthly **testicular self-exam (TSE)** can help find signs of trouble before it gets serious. When it's detected early, testicular cancer is easy to cure.

Facts About Testicular Cancer

- A painless lump is often the only symptom of testicular cancer in its early stages.
- Testicular cancer is almost 100% curable if caught early.
- Men can still be fertile and have children after treatment for testicular cancer.
- Treatment for testicular cancer doesn't affect a man's ability to have sex.

What Not to Worry About

The things below may worry you. But they are NOT cancer, and often don't need treatment.

- It is common and normal for one testicle to be lower or larger than the other. Only a *change* in the size of one testicle is cause for concern.
- It's not unusual to find a mass of ropy veins on the outside of the testicle. This is called a varicocele. It needs treatment only if it causes pain or problems with fertility.
- A fluid-filled sac called a hydrocele can develop around a testicle. It usually needs no treatment. But it should be checked by a doctor.
- Small bumps on the scrotum may result from ingrown hairs, a rash, or other skin problems. Talk to your doctor if they bother you.

How to Check Yourself

Do TSE once a month, during or after a warm bath or shower. Spend about 3 to 5 minutes examining your testicles. Gently feel each testicle for:

- Any lump or firm area.
- Change in the size of a testicle.
- Change in the firmness of a testicle.

Note if you have pain, aching, or a heavy sensation in the testicles, groin, or scrotum.

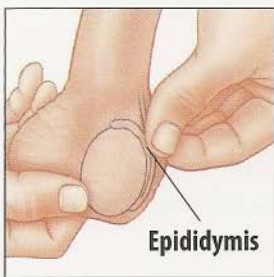
Check the Testicles

Hold your scrotum in the palm of your hand. Roll each testicle gently between the thumbs and fingers of both hands. Feel for changes in each testicle, one at a time.



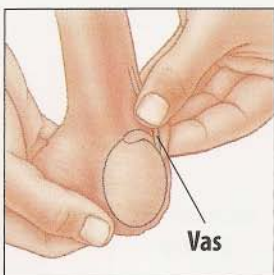
Check the Epididymis

The epididymis is a raised rim that runs along the top and back of each testicle. It often hurts when you press on it. Gently feel each epididymis for changes.



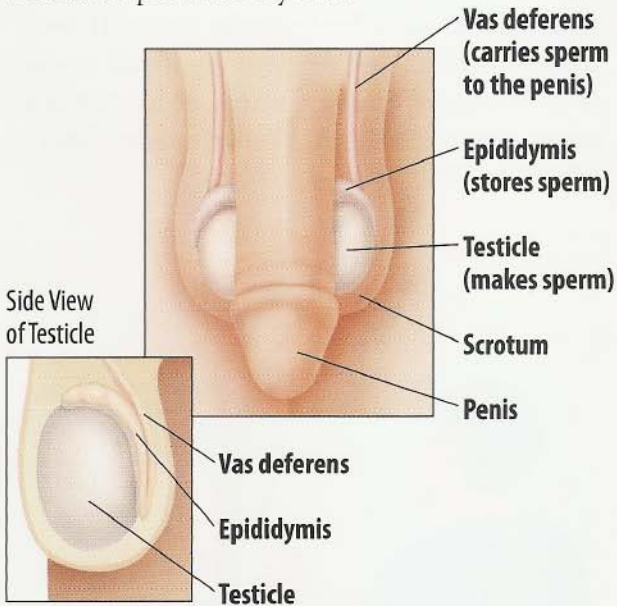
Check the Vas

The vas deferens is a little tube that runs up from the top of each testicle. A normal vas feels like a firm piece of cooked spaghetti. Feel for changes in the vas above each testicle.



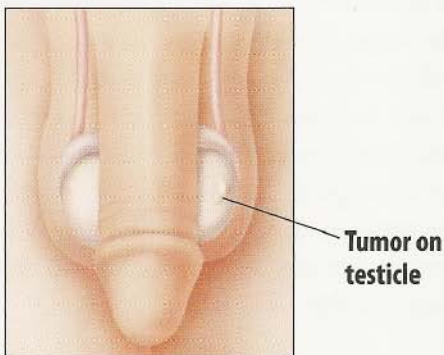
Your Testicles: The Basics

A man's two testicles are smooth, oval glands. They are located below the penis in a sac of skin called the **scrotum**. Testicles make sperm (what fertilizes a woman's egg to make a baby). They are part of the male reproductive system.



What Is Testicular Cancer?

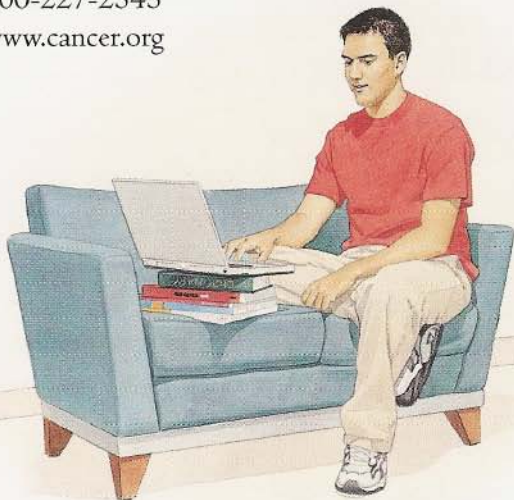
In certain cases, something causes cells to change in ways that are not normal. These cells become cancer cells. A cluster of cancer cells is called a **tumor**. If not found and treated promptly, a testicular tumor can quickly grow larger and spread. Cancer cells also can travel from the testicle to other parts of the body, causing serious risk to health and life.



If You Want to Know More

If you have questions about TSE or testicular cancer, talk to your doctor. You can also try these resources:

- **National Cancer Institute**
800-422-6237
www.cancer.gov/cancerinfo/types/testicular
- **Testicular Cancer Resource Center**
tcrc.acor.org
- **American Cancer Society**
800-227-2345
www.cancer.org



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This brochure is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.

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What If You Find a P

If you find a lump or anything you during TSE, don't panic: changes in the testicles are not still should be checked by you few days. Your doctor can ex some tests to check for testic are positive for cancer, your do about treatment options. Remo cancer is very treatable if it's c why doing TSE is so importan



Don't Forget Regular

In addition to TSE, see your d checkups. During these visits will check to be sure your tes If you have any questions or a something, don't hesitate to ta It's also a good idea to ask you the way you do TSE. This he you get the most information your monthly self-exams.