

4 STEPS SELF-EXAMINATION

testicular cancer



Stand straight in front of the mirror and observe your testicles. Try to detect if there is some swelling or unevenness in the position of both testicles. You need to know that it is normal if one testicle is slightly larger or if they are not identically positioned, but the difference mustn't be drastic.



Gently touch each testicle with your thumb and index finger. Try to detect if there is presence of lump or swelling. Note that the lumps which cannot be palpated are sometimes the size of a grain of rice and are a pretty hard matter.



Attention! Find the **epididymis (testis)** on the testicle which has the form of a small soft tube. By regular examination of the testicles you will learn to identify this part. Given the fact that this is a sensitive area in male population, don't be alarmed if you feel mild pain or inconvenience during the examination.



Check the skin that covers the testicles. Try to detect if there are any growths or skin changes. Make it a habit to check your testicles once a month, while showering. **This will significantly reduce the chances for testicular cancer!**

