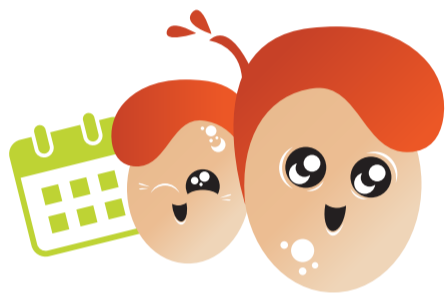


The greatest role in early identification of testicular cancer is played by self-examination of the testes.

TESTICULAR SELF-EXAMINATION

Examine your testicles once a month.



Examine your testicles while you are having a warm shower or immediately afterwards.



Use the back of your hand to move the penis.

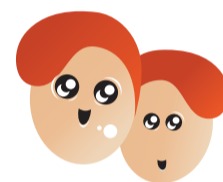
Examine each testicle with both your hands.

Slide the testicle between your fingers, applying gentle pressure.

Hold the top of the testicle with your thumb, and its bottom part with the remaining fingers. Move your fingers in relation to the thumb.



It is normal:



- ✓ For the right testicle to be slightly bigger than the left one.



- ✓ Feel that the top part of the testicle is thickened – it is the epididymis.



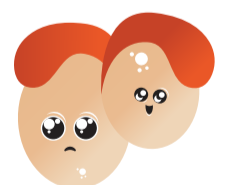
- ✓ The epididymis may be slightly painful to touch.

Contact your doctor if:

- ✓ Feel any thickening or lump on the testicle's surface.



- ✓ Notice any changes in the testicle's size.



- ✓ Notice that the testicle is slightly tender to touch.



- ✓ Feel discomfort or a pulling sensation in the scrotum or groin area.

