

TESTICULAR SELF-EXAMINATION

Are you giving yourself a Testicular Self-Exam?

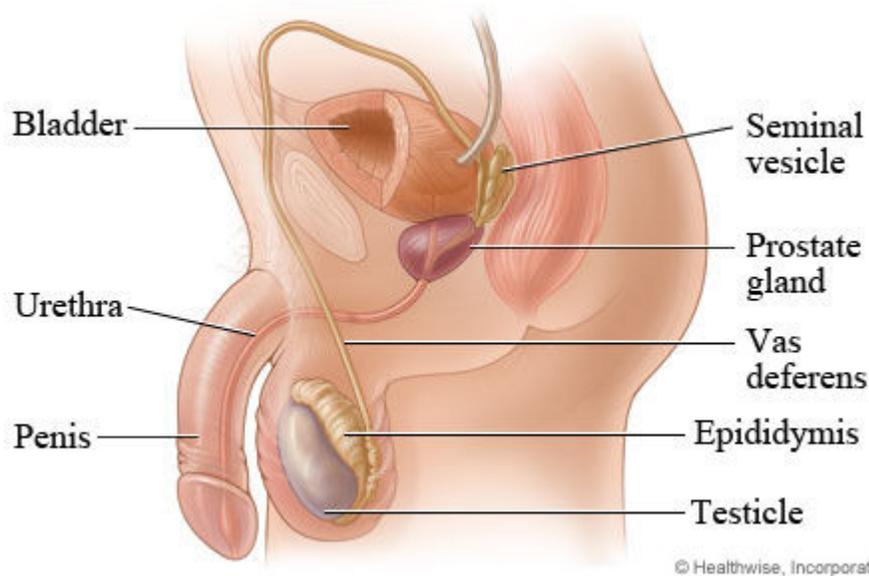
Testicular cancer most often affects men between the ages of 15 and 39. The good news is that a simple, quick, monthly testicular self-exam (TSE) can help find signs of trouble before it gets serious. When it is detected early, testicular cancer is easy to cure.

Facts About Testicular Cancer:

1. Testicular cancer is the most common cancer in men between ages 20 and 34.
2. A painless lump is often the only symptom of testicular cancer in its early stages.
3. Testicular cancer is almost 100% curable if caught early.
4. Men can still be fertile and have children after treatment for testicular cancer.
5. Treatment for testicular cancer doesn't affect a man's ability to have sex.

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.

How to 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.

How to 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.

How to 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.

What Not To Worry About:

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 is not unusual to find a mass of ropy veins on the outside of the testicle. This is called a varicocele. It may need treatment and should be checked by your doctor.

A fluid-filled sac called a hydrocele can develop around a testicle. It may need treatment and also 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.

These are NOT cancer, and often don't need treatment.

What To Do If You Find A Problem:

If you find a lump or anything else that concerns you during TSE, don't panic. Most of the time, changes in the testicles are not cancerous. But they still should be checked by your doctor within a few days. Your doctor can examine you and do some tests to check for testicular cancer. If tests are positive for cancer, your doctor will talk to you about treatment options. Remember that testicular cancer is very treatable if it's caught early. That's why doing TSE is so important.

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