

# Testicular Self-exam (TSE)

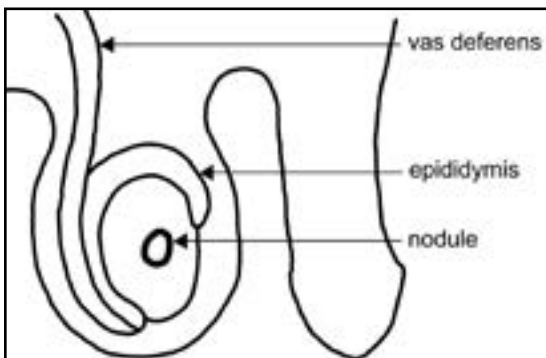
## Testicular Cancer and Testicular Self-exam

Testicular cancer is the most common form of cancer in young men between the ages of 15 and 35. Most cases of testicular cancer are found by men themselves. The earlier a cancer is detected and treated, the greater the chance for long-term survival.

There are certain factors that put some men more at risk than others for testicular cancer. You may be at increased risk if you have:

- a testicle that did not descend
- a testicle that developed abnormally
- Klinefelter's syndrome, a sex chromosome disorder
- a history of testicular cancer.

An important way you can protect yourself from testicular cancer is to examine your testicles each month. Testicular self-exam (TSE) is a fast and easy way to check for possible signs of cancer.



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**Each testicle contains the epididymis, which collects and carries sperm.**

## Signs and Symptoms of Testicular Cancer

The National Cancer Institute recommends that you see your health care provider if you notice any of the following:

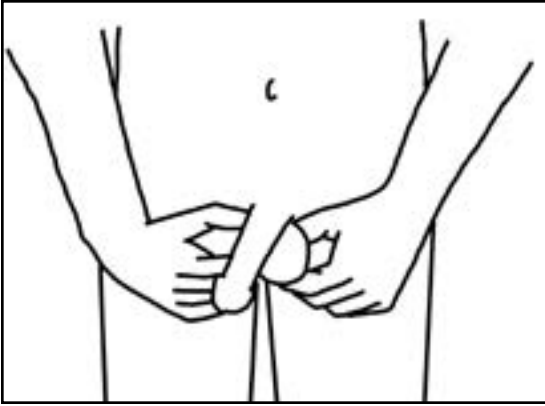
- a painless lump or swelling in either testicle
- any enlarged area in a testicle or a different feel to it
- a feeling of heaviness in your scrotum
- a dull ache in your lower abdomen or groin area
- fluid collecting suddenly in your scrotum
- any pain or discomfort in a testicle or your scrotum.

## How to Do a TSE

The National Cancer Institute recommends the following procedure:

- Do a TSE right after a warm shower or bath. Your scrotum will be relaxed from the heat, making it easier to examine.
- Standing in front of a mirror, look for any swelling on the skin of your scrotum.
- Examine each testicle. It is normal for one to be larger than the other.
  - Put your fingers under the testicle and your thumb on top of it.
  - Gently roll the testicle between your thumb and fingers.

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**Check each testicle by following the instructions below.**

- Locate the epididymis in the back of the testicle so you don't mistake it for an abnormal lump. The epididymis is a soft, tubelike structure.

If you find a lump or nodule, or have any of the other possible signs of testicular cancer, contact your health care provider right away.

TSE is an important health check for you, but your health care provider should also check your testicles during routine health care. Your health care provider can show you how to do TSE.

**Information adapted from the National Cancer Institute.**