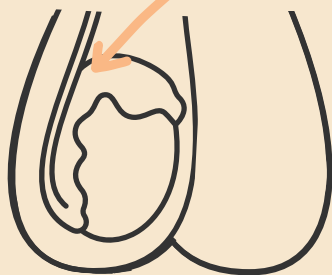
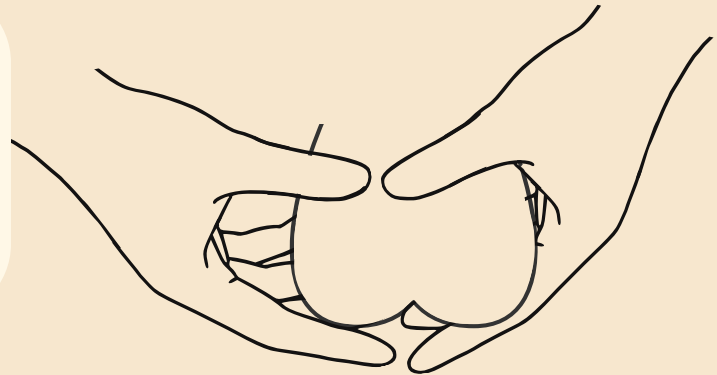


HOW-TO TESTICULAR SELF-EXAM

ONCE A MONTH!

STEP 1

Either in the shower or after, check one testicle at a time. Using both hands, grasp one testicle placing your index and middle fingers under and your thumbs on top. Firmly, but gently roll the testicle between your fingers from top to bottom.



STEP 2

Locate the **epididymis** and **spermatic cords**. These may feel like coils on the back side of the testicles. Look for hard lumps, smooth round masses, or changes in size, shape, and consistency. Lumps may or may not be painful.

STEP 3

Repeat with the other testicle. Keep in mind that it is normal to have one slightly larger testicle or for one to hang lower. A lump can often be found on one testicle and not the other.



STEP 4

Call your provider if you feel or see any abnormalities. Don't delay, early detection can save your life.

Remember:

- It is important to do a self-exam on a routine basis, like once a month, so you can note changes from one month to the next.
- There are other reasons you may experience swelling other than cancer. Discuss abnormalities with your health care provider.