

Testicular Self-Exam

! Testicular Cancer Awareness Foundation



1. cup one testicle at a time using both hands best performed during or after a warm bath or shower

examine by rolling the testicle between thumb and fingers use slight pressure



2.

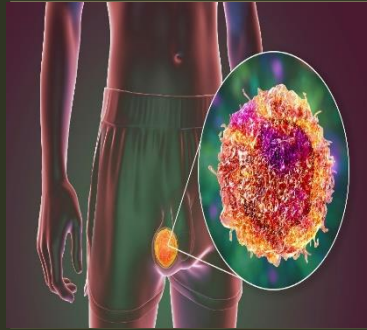


3.

familiarize yourself with the spermatic cord & epididymis tube like structures that connect on the back side of each testicle

feel for lumps, change in size or irregularities it is normal for one testis to be slightly larger than the other

4.



Prevention of Testicular Cancer

Do you know the symptoms of Testicular Cancer ?

Symptoms of Testicular cancer may include

- A painless swelling or lump in 1 of the testicles, or any change in shape or texture of the testicles.
- The swelling or lump can be about the size of a pea but may be larger..
- An increase in the firmness of a testicle
- A difference in appearance between 1 testicle and the other.
- A dull ache or sharp pain in your testicles or scrotum, which may come and go
- A feeling of heaviness in your scrotum

If you do have testicular cancer, the sooner treatment begins, the greater the likelihood that you'll be completely cured. Don't forget to consult your GP, if you notice a swelling, lump or any other change in 1 of your testicles.

To join one of our workshops please contact Nazrin outreachofficer@southwarkrcf.org.uk

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