

Testicular Self Examination

Why do Testicular Self Examination?

Testicular self examination is a simple technique to detect abnormalities in the testicles, such as lumps or swellings that may be caused by cancer. Finding these changes early can mean a more successful treatment.

Testicular cancer is rare but is the most common type of cancer in men aged between 15 and 34 years. Other symptoms, apart from lumps or swellings, can be testicular pain or aching, or a dragging sensation in the abdomen, groin or scrotum. Some early symptoms tend to be mild so sometimes they are overlooked.

It is not fully understood what causes testicular cancer but Testicular Self Examination is a valuable skill to learn to aid early detection. A history of undescended testis ie the testicles not sitting down in the scrotum, is a known increased risk factor for testicular cancer.

Testicular Self Examination is a simple skill that all men should learn to do. It is a good habit to get into doing regularly and only takes a minute every month.

What to look for

When you examine the testicles, examine them for changes in size, consistency, or shape. The testicle itself is egg shaped, fairly firm to touch and should be smooth and free of lumps. There is also a soft tube like structure at the back of the testis called the epididymis which should also be checked for any changes.

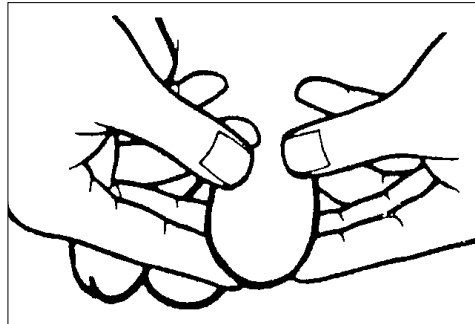
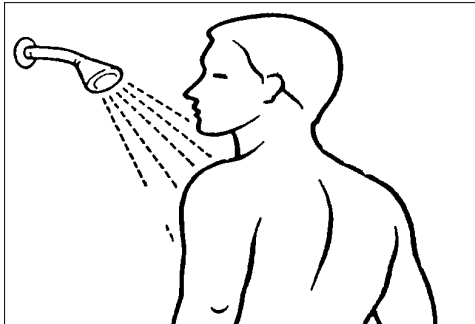
How to do Testicular Self Examination

Using both hands, examine each testicle individually. Holding one testicle still, use the thumb and forefinger of the other hand to explore the testicle. This should not hurt; if it does, too much pressure is being used.

The normal testicle will be felt between the thumb and forefinger along with any abnormal lumps that may be present. Repeat with the other testicle.

If you do find any changes, it will most likely be on the front or the side of the testicle.

If you find something you think is unusual, you should seek advice from your doctor as soon as possible. Remember, not all lumps are cancer.



FAMILY PLANNING VICTORIA

901 Whitehorse Road Box Hill 3128 Tel: 03 9257 0100 Fax: 03 9257 0111
Action Centre Level 1, 94 Elizabeth Street Melbourne 3000 Tel: 03 9654 4766 Free call 1800 013 952