

YOUR TESTICLES

How to examine them and why you need to

From the time you turn 15, it is important to **examine your testicles** (balls) **every month**. This will help you get to know that part of your body and see if there are any problems. If you check your testicles regularly, you may be able to find out if you have **testicular cancer**. This type of cancer is becoming more common in men between the ages of 20 to 35, and is **curable if found early**. A **Testicular Self Examination (TSE)** takes just a couple of minutes and is really simple to do.

The best time to examine your testicles is during a shower or bath. Your hands are warm and soapy and the scrotum (sac around the testicles) is relaxed. This makes feeling the testicles easier.

STEPS

1. Before you feel your testicles, look for **anything unusual**, like swelling. You may notice that one testicle is a bit larger than the other one. This is normal.

2. **Gently check each testicle, using your thumb and first two fingers** (see picture).

Put your index and middle finger underneath the testicle, with your thumb on top. **Gently roll your testicle between your thumb and fingers.** This should not be painful.

3. There is a **softer part** behind the testicle. This is called the **epididymis**. Make sure you feel this, so you don't mistake it for a lump. This is where sperm collect. You are feeling for a firm, painless lump, a hard area or an enlarged testicle. **Make sure you do this for each testicle.**

If you find any problems with your testicles, see your doctor. Your doctor will be able to answer any questions you may have about TSE or any other sexual health issue.

