

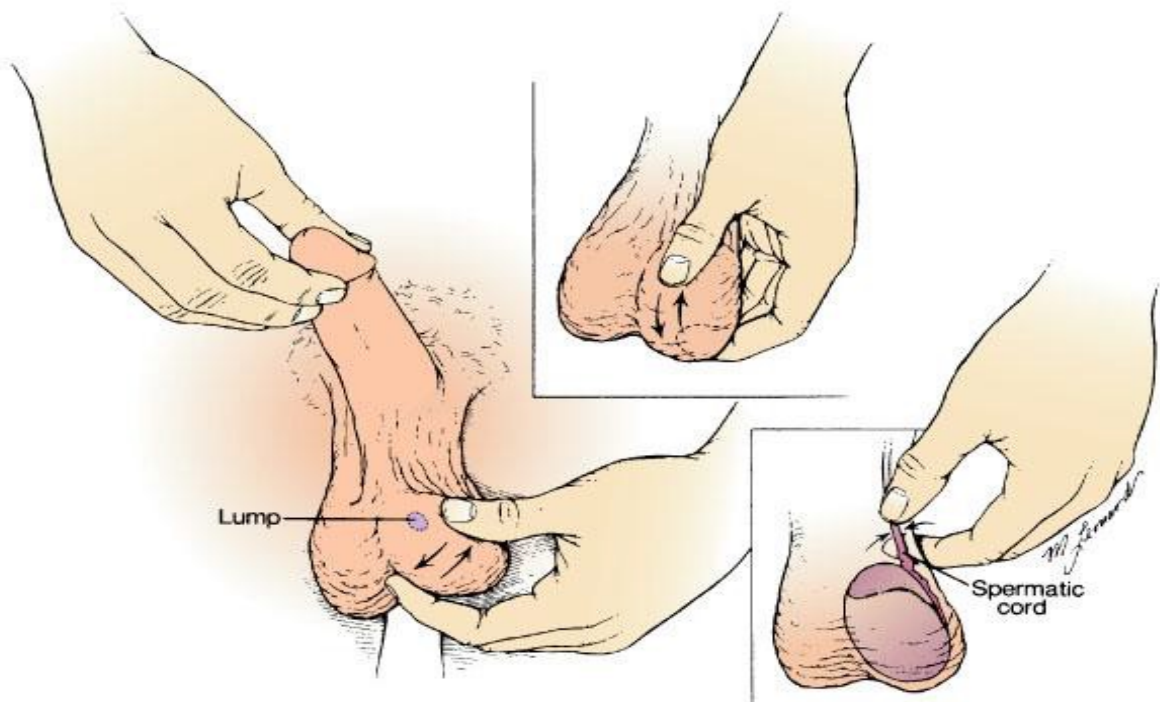
Testicular Self Examination: FAQs

Introduction

For men, starting at puberty, a monthly self examination of the testicles is an effective way of getting to know this area of your body and thus detecting testicular cancer (TC) at an early – and very curable – stage.

When should I do the self examination?

Self examination for TC is best performed after a warm bath or shower. Heat relaxes the scrotum, making it easier to spot anything abnormal.



How should I do it?

- Stand in front of a mirror. Check for any swelling on the scrotal skin. Do not squeeze!
- Examine each testicle with both hands. Place the index and middle fingers under the testicle with the thumbs placed on top. Roll the testicle gently between the thumbs and fingers; you feel any pain when doing the examination. Don't be alarmed if one testicle seems slightly larger than the other because this is normal.
- Get to know your balls; their size, texture and anatomy
- Find the epididymis, the soft, tube like structure behind the testicle that collects and carries Sperm
- If you are familiar with this structure, you won't mistake it for a suspicious lump
- Cancerous lumps are usually found on the sides of the testicle but can also show up on the front. Lumps in the epididymis are virtually never cancerous (see diagram).

What if I find an abnormality?



If you find a lump, see a doctor right away. The abnormality may not be cancer but may just be an infection. If it is TC, it will spread if it is not stopped by treatment. Waiting and hoping will not fix anything.

Free floating lumps in the scrotum that are not attached in any way to a testicle are not TC.

But when in doubt, get it checked out – if only for peace of mind.

What other conditions may be important?

- An enlargement of a testicle
- A significant loss of size in one of the testicles
- A feeling of heaviness in the scrotum
- A dull ache in the lower abdomen or in the groin
- A sudden collection of fluid in the scrotum
- Pain or discomfort in a testicle or in the scrotum
- Enlargement or tenderness of the breasts

Anything out of the ordinary should be mentioned to your GP but the following are not usually signs of TC:

- a pimple, ingrown hair or rash on scrotal skin
- a free floating lump in the scrotum, seemingly not attached to anything
- a lump on the epididymis (see above)
- pain or burning during urination
- blood in the urine or semen

Remember that only a doctor can make a positive (or negative) diagnosis so, if you find something abnormal, do not delay in seeing your doctor.

For further information, email info@mohs.co.uk, visit mohs.co.uk or call 0121 601 4041