



Have you
done your
self-exam
this month?

How to Perform a Testicular Self-Exam

While rare, testicular cancer is the most common form of cancer in men between the ages of 15 and 35. Most often testicular cancer is detected as a painless lump in one of the testicles. By performing monthly testicular self-exams, you can become more familiar with your testicles and make it easier to notice any changes.

Once a month after bathing, stand in front of a mirror and...

- **Check for any swelling on the scrotal skin.**
- **Examine each testicle with both hands. Hold your testicle between your thumbs and middle fingers and roll it gently but firmly between your fingers.**
- **Look and feel for any hard lumps or nodules (smooth rounded masses) or any change in the size, shape, or consistency of your testicles.**

You should not feel any pain when performing the self-exam. Be aware of any dull soreness or heaviness. The testicles should be smooth and firm to the touch.

If you see or feel something new or unusual, contact your healthcare provider right away.