

FACTS ABOUT TESTICULAR SELF-EXAMINATION (TSE)

What is Testicular Self-Examination (TSE)?

A testicular self-examination is an examination of the testicles (two egg-shaped glands near the base of the penis that make sperm) to help detect testicular cancer in the early stages. It is important to do testicular exams every month in order to notice any changes.

Did you know?

Testicular cancer is one of the most frequently occurring types of cancer in men ages 20 and 34 and can occur anytime after the age of 15. And if it is caught early, testicular cancer is one of the most curable forms of cancer.

Risk Factors for Testicular Cancer

- Undescended testicle
- Family History
- Cancer of the other testicle
- Carcinoma
- Age
- Race & Ethnicity
- HIV infection
- Body Size
- Prior injury and/or repetitive actions (such as riding a horse)

When should I do a TSE?

The testicular exam should begin at age 15 and continue through age 40. It is important to do the exam every month in order to find any changes.

The best time to examine your testicles is right after a hot bath or shower. The scrotal skin is most relaxed at this time and the testicles can be felt more easily. The exam should be done while standing and only takes few minutes.

How to do a Testicular Self-Examination

- Examine the scrotum visually for swelling
- Gently feel the scrotal sac to locate a testicle
- Examine each testicle separately by firmly and gently rolling each testicle between the thumb and fingers of both hands to examine the entire surface
- It is important to note that it is normal for one testicle to be slightly larger than the other and to feel a cord-like structure - the epididymis - on the top and back of each testicle

Look for hard lumps or nodules (smooth rounded masses) or any change in size, shape or consistency of the testicle.

REMEMBER

Contact your healthcare provider as soon as you can if any changes are noticed or if you experience pain or tenderness in the scrotal area.