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**TESTICULAR
SELF-EXAMINATION**



HEALTH
DEPARTMENT

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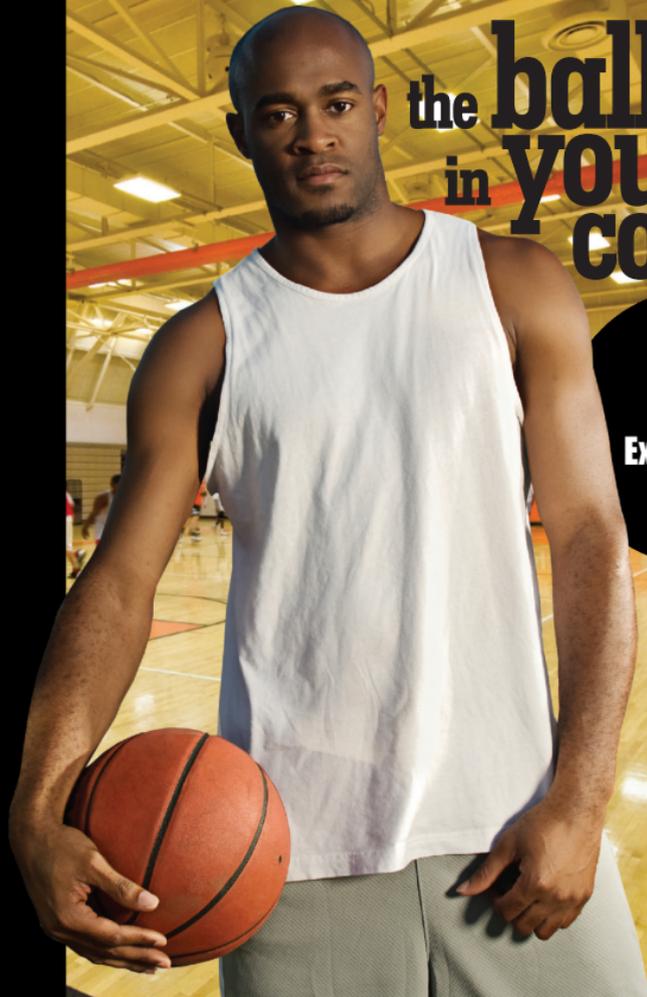
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**Testicular
Self-
Examination**



Regular testicular self-examinations (TSE) are important.

Cancer of the testicle is rare, but it is the most common cancer in young men. It occurs most often in men between the ages of 20 and 45. If caught early, this kind of cancer is easy to treat and cure.

It's important for guys over the age of 15 to get to know their testicles and check them every month so they can catch any problems early.

Three easy steps to testicular self-examination

1. After a shower, stand in front of the mirror and check yourself out. Look for any swelling or changes in the colour of the skin on your scrotum.
2. Use both hands to touch and feel each testicle. Roll each one between your thumb and forefinger. Get familiar with how they feel. Look for any change in the size or shape of each testicle. (It is normal for one to be slightly bigger than the other.)
3. Feel for the soft ropey cord at the back of each testicle. This is the tube that carries the sperm. Check for any painful lumps.

If anything feels different or painful, see a doctor as soon as possible.



Possible signs and symptoms of testicular cancer include:

Why?

- Change in size or shape or any unusual lumps
- Swelling or change in sensation in testicles or scrotum
- Dull ache or heaviness in lower abdomen
- Unusual backache that doesn't go away
- Unexplained weight loss
- Sudden collection of fluid in the scrotum
- Soreness or sudden growth of breasts

