

testicular cancer

monthly self-exam



*cup one testicle at a time using both hands
best performed during or after a warm bath or shower*



familiarize yourself with the spermatic cord & epididymis tube like structures that connect on the back side of each testicle

*examine by rolling the testicle between thumb and fingers
use slight pressure*



*feel for lumps, change in size or irregularities
it is normal for one testis to be slightly larger than the other*

