

Testicular Self Exam Instructions

A testicular self-examination (TSE) is useful in the detection of cancer of the testicles. Testicular cancer is the most common solid tumor found in males age 30 years. If detected early and treated, testicular cancer is almost 100% curable. If untreated, it may spread to the lymph nodes and lungs. Tumors usually are found on 1 side, but 2% are found in both testicles.

Most doctors agree that examining a man's testicles should be part of a general physical exam. The American Cancer Society (ACS) recommends a testicular exam by a doctor as part of a routine cancer-related checkup.

The ACS advises men to be aware of testicular cancer and to see a doctor right away if a lump is found. Because regular testicular self-exams have not been studied enough to show if they reduce the death rate from this cancer, the ACS does not recommend regular testicular self-exams for men. But if you have certain risk factors, such as undescended testicle, previous testicular cancer, or a family member who has had this cancer, you should think about doing monthly self-exams and talk about it with a doctor.

Still, some doctors think that noticing lumps early is an important factor in getting early treatment. They recommend that all men do monthly testicular self-exams relaxed. To do a testicular self-exam:

f Hold your penis out 11(o)-4(u) upper or middle outer side of the testis. Normal testicles also c

Sources and/or additional resources:

The Testicular Cancer Resource Center: <http://tcrc.acor.org/tcexam.html>

The American Cancer Society:

http://www.cancer.org/docroot/PED/content/PED_2_3X_Do_I_Have_Testicular_Cancer.asp

Web MD: <http://men.webmd.com/testicular-examinationand-testicularself-examinationtse>

If you are a registered Millersville University student and you have questions, you are encouraged to make an appointment, please call Millersville University Health Services at 527-50.

P# 717871-5250 F# 71871-5252
<http://www.millersville.edu/healthservices>

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