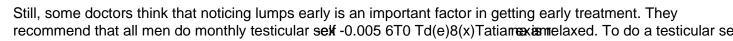
## Testicular Self Exam Instructions

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 220 years. If detected early and treated, testicular cancer is almost 100% curable. If untreditie may spread to the lymph nodes and lungs. Tumors usually are found on 1 side, but-22% 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) remembers 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 selfams have not been studied enoughshow if they reduce the death rate from this cancer, the ACS does not recommend regular testiculærxærlis for men. But if you have certain risk factors, such as undescended testicle, previous testicular cancer, or a family member who has had this carer, you should think about doing monthly selfams and talk about it with a doctor.



f Hold your penis out11(o)-4(u) upper or middle outer side of the testis. Normal testicles also	f	Hold your penis	out11(o)-4(u) uppe	r or middle outer sid	le of the testis. Norn	nal testicles also
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Sources and/or additional resources:

The Testicular Cazer 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/testiculaexaminationand-testicularself-examinationtse

If you are a registered Millersville University student and you have questionsuoneed to make an appointment, please call Millersville University Health Services at \$2250.

P# 717871-5250 F# 71-7871-5252 http://www.millersville.edu/healthservice/s