How to do a testicular self-exam

- Do your self-exam once a month, toward the end of a warm bath or shower. The heat causes your scrotal skin to relax, making it easier to feel anything unusual.

- Examine each testicle gently with both hands. Place your index and middle fingers under your testicles and your thumbs on top. Roll your testicles gently between your thumbs and fingers and feel for changes that were not there before. One testicle may feel longer than the other, which is normal.

Testicular cancer usually develops between ages 20 to 35, but can happen in men at any age. Ninety-five percent of testicular cancer can be cured, but must be detected early. Starting a monthly self-exam at age 14 can help you become familiar with your body and help you identify anything unusual early on.
RECOGNIZING YOUR EPIDIDYMIS

The epididymis is a cord-like structure on the top and back of your testicles that stores and moves sperm. It may be tender to the touch. If you have a question about whether you are feeling epididymis or a lump, talk to your doctor.

OTHER SYMPTOMS TO WATCH FOR

- Pain in the testicle
- Significant change in size of one testicle
- A feeling of heaviness or pain in the scrotum
- A feeling of fluid collecting in the scrotum
- Breast tenderness or increased breast size

IF YOU FIND A LUMP

If you notice anything unusual during your self-exam, please schedule an appointment with your family doctor or a men’s sexual health specialist at Ohio State’s Wexner Medical Center at 614-293-8155.

Hang this waterproof card in your shower as a reminder.