

## Testicular Self Examination

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### Description:

Any male aged 15 years or older should self examine their testicles for lumps every month. The test takes only a few minutes and is easy to do. Most lumps are not cancer, but any lump should be immediately checked by a doctor or health professional.

### Tips

Testicular self examination should be performed after a warm shower or bath when the skin covering the testicle is relaxed. When doing testicular self examination, you are checking for any change from the normal, especially a lump on the front or side of the testicle, or a swelling or hardening of the testicle.

- Each testicle should be examined separately.
- Using both hands, roll the testicle between two fingers (index and middle fingers) and thumb.
- A small firm area will be felt at the back of the testicle. This is a normal part of the testicle called the epididymis.
- Repeat with the other testicle.
- Support the testicles in the palm of the hand and note the size and weight of the testicle. It is common for one testicle to be larger and the other.
- Swelling of the testicles or groin should be checked by standing in front of a mirror.

All men should examine their testicles once a month from puberty through to about 45 years of age.

### Practical Advice

For more information on testicular self examination, please contact:

- your doctor
- Queensland Cancer Fund