

Testicular Cancer Awareness

testicular cancer

- .. leading cancer in men 15-35
- .. every hour a male is diagnosed
- .. every day a life is lost
- .. very curable if detected early



NOVEMBER

Cleveland Clinic



Testicular cancer
has a 95% cure rate



LOOK

Check your testicles just after you've had a bath or shower, when the muscles in the scrotum are relaxed, making it easier for you to feel any lumps, growths or tenderness. Stand in front of the mirror. Look for any swelling on the skin of your scrotum.



HOLD

Hold your scrotum in your hands and feel the size and weight of each testicle. It is common for one testicle to be slightly larger or hang lower than the other.



FEEL

Feel each testicle and roll it between your thumb and finger. It should feel smooth. It's normal to feel a soft, tender tube towards the back of each testicle. You shouldn't feel any pain when checking your testicles.



REPEAT

Once familiar with how your testicles feel, keep an eye out for any changes. If you detect a change, don't freak out, just see a doctor as soon as possible.