

Do a TSE monthly or as advised by your health care provider.

Punch Out.
Hang in Shower or Other Visible Spot.



Testicular Self-Exam (TSE)

Do a TSE after a warm bath or shower. This relaxes the scrotum, allows the testicles to drop down, and makes it easier to find anything unusual. Doing a TSE is easy and takes only a few minutes.

1. Stand in front of a mirror. Look for any swelling on the skin of the scrotum.

2. Examine each testicle with both hands. Place the index and middle fingers underneath the testicle and the thumbs on top. Gently roll one then the other testicle between the thumbs



and fingers. One testicle may be larger. This is normal. Examine for any lumps (usually painless and about the size of a pea **lump**) on each testicle.

3. Find the epididymis (the comma-shaped cord behind the testicle). This may be tender to the touch. Examine it for lumps.

4. Examine the vas deferens (the tubelike structure at the back of each testicle) for lumps.



**Screening Tests
Save Lives.**

The advice on this card is not meant to take the place of expert medical care.

Contact Your Health Care Provider For:

- A lump on a testicle, epididymis, or vas deferens
- An enlarged testicle
- A heavy feeling, pain, or discomfort in the testicle or scrotum or a change in the way the testicle feels
- A dull ache in the lower abdomen or the groin
- A sudden collection of fluid in the scrotum
- Enlarged or tender breasts

These can be signs cancer or other conditions. When found early, testicular cancer is very curable. This is why a monthly TSE is very important.

Recommended Screening Tests for Men

Test	Ages 20–40	Ages 40–50	Ages 50+
Testicular Self-Exam	Monthly (starting at age 15)		
Blood Pressure	At every office visit or at least every 2 years		
Cholesterol Blood Test	Every 5 years		
Digital Rectal Exam		Discuss with provider	Every year
Prostate-Specific Antigen (PSA)		Discuss with provider	
Stool Blood Test			Every year
Sigmoidoscopy			Every 3 to 5 years
Diabetes Screening			Every 3 years starting at age 45
Breast Exam	Discuss with provider		

For More Information, Contact:

- American Cancer Society at 1-800 ACS-2345 or www.cancer.org
- Cancer Information Service at 1-800-4-CANCER or www.nci.nih.gov