

Who should do testicular exams?

Most doctors agree that checking a man's testicles should be part of a general physical exam. The American Cancer Society (ACS) recommends a testicular exam by a doctor as part of a routine cancer-related check-up.

The ACS advises men to be aware of testicular cancer and to see a doctor right away if a lump is found. Regular testicular self-exams have not been studied enough to show if they reduce the death rate from this cancer. This is why the ACS does not make recommendations about regular testicular self-exams for all men. Still, some doctors recommend that all men do monthly testicular self-exams after puberty.

Men with risk factors, such as an undescended testicle, previous testicular cancer, or a family member who has had this cancer should seriously think about monthly self-exams. If you have risks, talk it over with a doctor. Each man has to decide for himself whether to examine his testicles each month.

For more information:

Student Health & Wellness Center.....707-654-1170
Visit Our Website at www.csum.edu/web/campus-life/student-center/student-health-center
24-hr Nurse Advice Line (Med Call).....800-877-0027
American Cancer Society.....800-227-2345
The Testicular Cancer Resource Center..<http://tcrc.acor.org>

California Maritime Academy
Student Health & Wellness Center
200 Maritime Academy Drive
Vallejo, Ca 94590

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Testicular Self-Examination



California Maritime Academy

A campus of the California State University



Testicular Self-Examination

Signs and Symptoms of Testicular Problems

Like other parts of the body, the testicles can be affected by certain conditions and diseases, which can lead to symptoms. The most common signs and symptoms in the testicles and scrotum are:

- Lumps (masses)
- Swelling
- Pain

Some conditions that affect the testicles can also cause a heavy or aching feeling in the lower belly (abdomen), or can even cause nausea and vomiting.

Cancer is one possible cause of testicular symptoms, but more often these symptoms are caused by infection, injury, or something else. It is important to see a doctor about any changes you notice in your testicles as soon as possible. This way the cause can be found and treated, if needed. Other conditions (besides cancer) that affect the testicles can still be serious and need to be treated.

How To Do a Self-Exam

The best time to do the self-exam is during or after a bath or shower, when the skin of the scrotum is relaxed. To do a testicular self-exam:

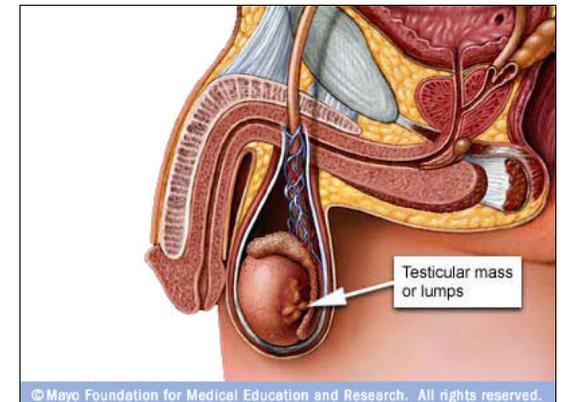
- Hold your penis out of the way and check one testicle at a time.
- Hold the testicle between your thumbs and fingers of both hands and roll it gently between your fingers.
- Look and feel for any hard lumps or smooth rounded bumps or any change in the size, shape, or consistency of the testes.

You should know that each normal testis has an epididymis, which feels like a small "bump" on the upper or middle outer side of the testis. Normal testicles also contain blood vessels, supporting tissues, and tubes that conduct sperm. Other non-cancerous problems, such as hydroceles and varicoceles (described in the section, "Other causes of testicular or scrotal symptoms"), can sometimes cause swellings or lumps around a testicle. It's easy to confuse these with cancer. If you have any doubts, see a doctor.

If you choose to check your testicles, you will learn what is normal for you and be able to tell when something is different. Always report any changes to a doctor right away.



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A regular self-examination of the testicles can identify growths early. Grasp and roll the testicle between your thumbs and forefingers, feeling for lumps, swelling, hardness or other changes.



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Pain, swelling or a lump in your testicle or groin area may be a sign or symptom of testicular cancer or other medical conditions requiring treatment.