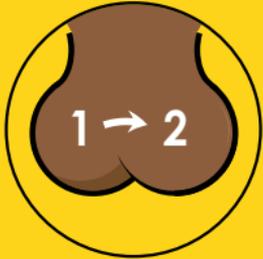


Testicular self examination



1. Check one testicle at a time.



2. Hold the testicle between your thumbs and fingers of both hands and roll it gently between your fingers.



3. If you notice any of these symptoms....

- Hard lumps
- Smooth or rounded bumps
- Changes in size, shape, or consistency.

Talk to your Health Worker for more information.



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Testicular self examination

Testicular Cancer

Men between the ages of 15 and 49 are mostly at risk of developing testicular cancer.

Risk factors

Having had undescended testicles.

Childhood conditions eg hernias, infection of testicles caused by mumps.

Abnormalities from birth

A family history of cancer

HIV infection

When should you see a health worker as other conditions can also cause similar symptoms?

When there is a painless swelling or lump in a testicle.

A feeling of heaviness in a testicle. An ache in the lower stomach, back or groin. When you notice any of the above risk factors.

All men are encouraged once a month to feel for lumps and to notice if there are any changes such as swelling from the previous month. Such self-examination means that if you suspect something is wrong then you will get help sooner and this will increase your chances of survival.

Talk to your Health Worker for more information.



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A handwritten signature in black ink.

04 Nov. 2020