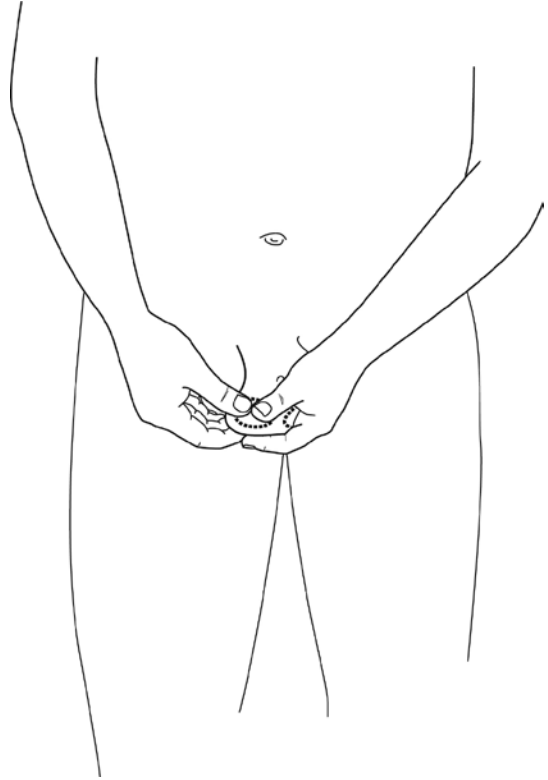


Testicular Self Exam

Men should check their testes each month starting in their teen years. Cancer of the testes can often be cured if found early.

Steps

1. After taking a warm bath or shower, stand in front of a mirror. Look for any swelling of the skin around the testes.
2. Use both hands to feel each testicle – one at a time. Place your fingers under each testicle with your thumbs on top.
3. Roll each testicle gently between your thumbs and fingers. Feel for any lumps. You should not feel any pain as you do this. You will feel a soft tube-like structure behind the testicle, which stores and transports sperm. Repeat on the other side.



See your doctor right away if you have:

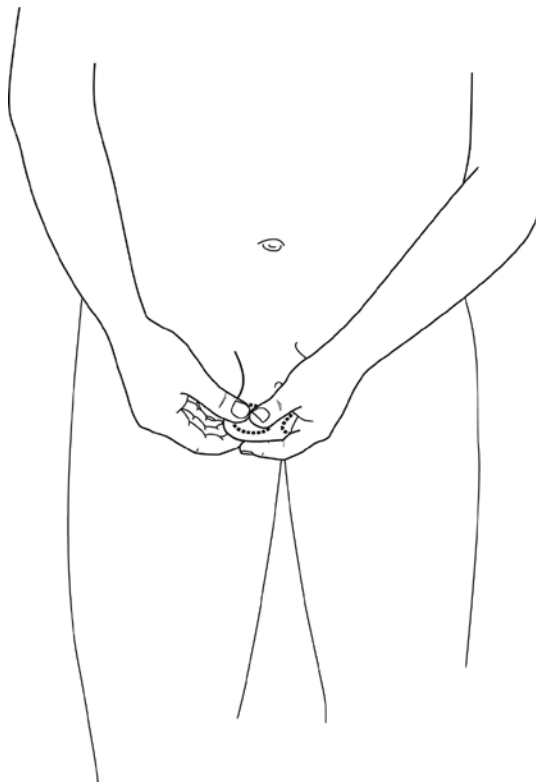
- A lump
- A testicle that becomes larger or shrinks
- A feeling of heaviness or a large amount of fluid in the skin around the testes

Auto-examen des testicules

Les hommes doivent examiner leurs testicules tous les mois en commençant à la puberté. Le cancer des testicules peut souvent être guéri s'il est découvert de manière précoce.

Étapes

1. Après un bain ou une douche chaude, mettez-vous debout devant un miroir. Recherchez la présence d'un gonflement de la peau autour des testicules.
2. Servez-vous des deux mains pour sentir chaque testicule, un à la fois. Placez vos doigts sous chaque testicule en plaçant vos pouces sur le dessus.
3. Faites délicatement rouler chaque testicule entre vos pouces et vos doigts. Recherchez la présence de bosses. Vous ne devriez ressentir aucune douleur pendant cette manipulation. Vous sentirez une structure qui ressemble à un tube souple derrière le testicule qui stocke et transporte le sperme. Répétez de l'autre côté.



Consultez immédiatement votre médecin si vous présentez :

- une bosse
- un testicule qui grossit ou rétrécit
- une sensation de lourdeur ou une grande quantité de liquide dans la peau entourant les testicules

- Pain or aching in the testes, groin or lower abdomen
- Tender or enlarged breasts

Talk to your doctor if you have any questions or concerns about your self exam.

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- une douleur ou un endolorissement dans les testicules, l'aîne ou le bas du ventre
- des seins sensibles ou plus volumineux

Discutez avec votre médecin si vous avez des questions ou des inquiétudes à propos de votre auto-examen.

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Testicular Self Exam. French.