



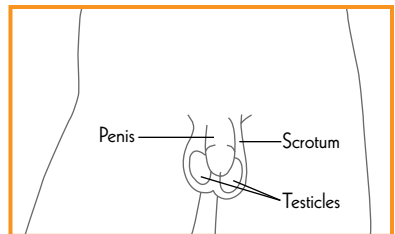
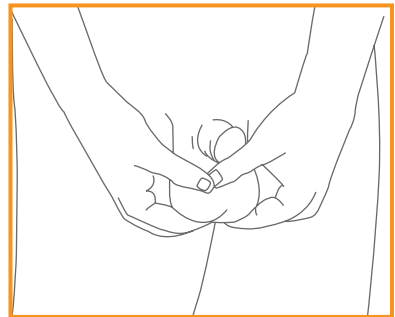
Monthly Testicular Self-Exam

Beginning at Age 15

The testicular self-exam is an easy way to check your own testicles to make sure there aren't any unusual lumps or bumps – which can be the first sign of testicular cancer.

Testicular cancer is the most common cancer in males between the ages of 15 and 39.

- 1) Examine each testicle separately.
- 2) Hold the testicle between your thumbs and fingers with both hands and roll the testicle gently between the fingers.
- 3) Look and feel for any hard lumps or nodules (smooth rounded masses) or any change in size, shape, or consistency of the testicles.
- 4) Examine your testicles **monthly** so you will become familiar with what is normal and what is different.
- 5) Always report any changes to your doctor without delay.



The American Cancer Society (ACS) recommends a testicular exam as part of a routine cancer-related check-up.

A testicular self-exam is not to take the place of your annual visit to your physician.