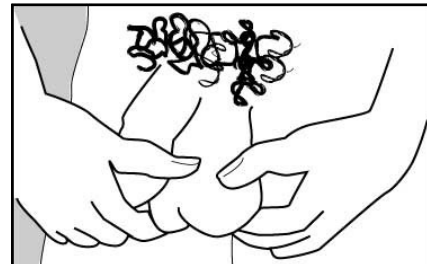
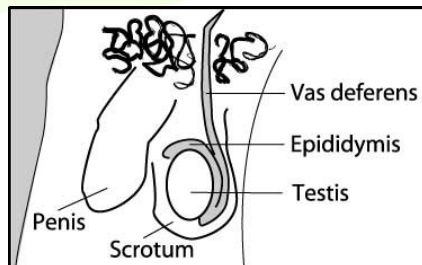


## HOW TO DO A MONTHLY TESTICULAR SELF-EXAM (TSE)\*



It only takes a couple of minutes a month to check things out!

- ◆ Have a warm bath or shower first (it relaxes the scrotum)
- ◆ Hold your scrotum with one hand and take one testicle and roll it gently between your thumb and fingers
- ◆ Check your epididymis (it should feel soft and slightly tender when pressed)
- ◆ Check for any changes in tenderness, size, shape and consistency
- ◆ Repeat with other testicle
- ◆ If you notice anything unusual, go to your doctor or health care provider immediately and get it checked out

You may be at greater risk if you:

- ◆ Are between the ages of 15 and 35
- ◆ Have a family history of testicular cancer (especially if your father has/had testicular cancer)
- ◆ Are a white male (Caucasian)
- ◆ Had a testicle that did not drop as an infant