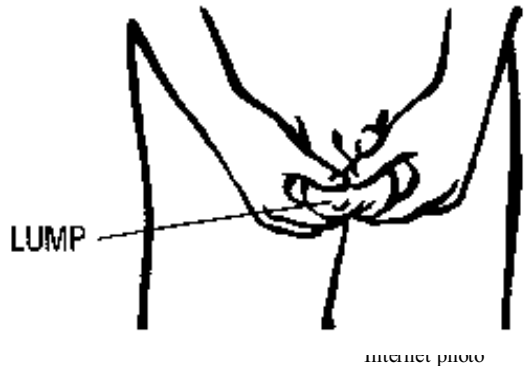


## **A Male Self Exam- Is it really Necessary? Testicular Self Exams**

Men also have a responsibility to themselves with regards to important examinations. Only 10% of young adult males have been taught testicular self-examination. The majority of men do not even realize that this is something they should be doing. This is just as important as pap smears and pelvic examinations and should be incorporated into a man's life on a monthly basis. The obvious question now is:

### **‘How do you examine yourself, and what do you look for?’**

1. Examine the testes during or after a hot bath or shower.
2. Examine each testicle with the fingers of both hands, using the index and middle fingers on the underside of the testicle and the thumbs on the top of the testicle.
3. Gently roll the testicle between the thumbs and fingers.
4. Be on the lookout for lumps, irregularities, change in size, or pain in the testicles.
5. The epididymis should not be mistaken for abnormality.
6. If any abnormality such as a lump is found, it should be reported immediately.
7. Testicular self-examination should be performed once a month.



Again, the purpose of testicular examination is to become familiar with what feels normal allowing you to pick up on any changes that need medical attention. Unlike women, men can do these examinations themselves and seek medical attention only if there is a concern. Some men may require a physical exam to get accepted into the army, RCMP or a health profession of which a testicular exam is a part of. In this case your doctor would do the exam for you.

### **Did you Know?**

Testicular tumor are the most common solid tumor in males ages 15-35 years.

Text sources from:

Canadian Cancer Society , How to Check for testicular cancer, June 1995.

If you have any questions or concerns please feel free to call the Student Health Centre at 364-2163.