

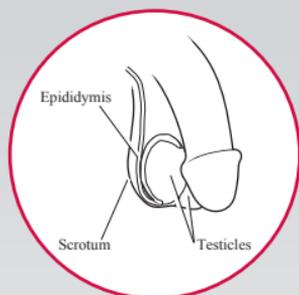
A MAN'S SHOWER GUIDE

TO TESTICULAR SELF-EXAM (TSE)

Testicular cancer is the most frequently diagnosed cancer in men 20 to 35 years old, but can happen in men at any age. It is a very curable cancer if found and treated early. The James recommends that men perform a testicular self-exam (TSE) monthly starting at age 14. Hang this waterproof card in your shower as a reminder.

How to do a testicular self-exam:

- **Do your self-exam once a month, after a warm bath or shower.** The heat causes the scrotal skin to relax, making it easier to feel anything unusual.
- **Examine each testicle gently with both hands.** Place your index and middle fingers under your testicles and your thumbs on top. Roll your testicles gently between your thumbs and fingers and feel for any features that were not there before. It is normal if one testicle feels longer than the other.

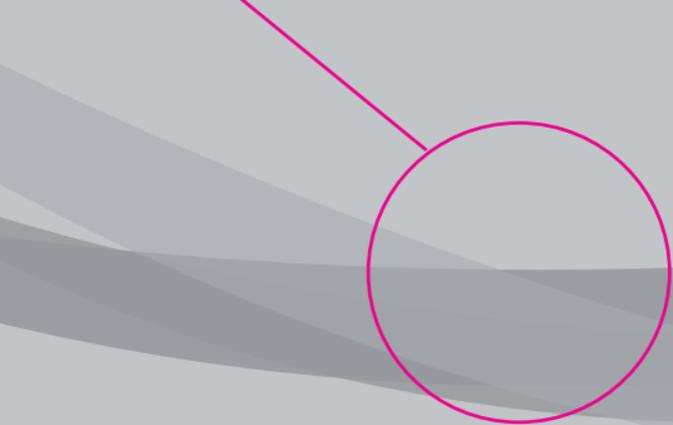


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THE EPIDIDYMIS

The epididymis is a cord-like structure on the top and back of your testicles that stores and moves sperm. It may be tender to the touch. If you have a question about whether you are feeling epididymis or a lump, talk to your doctor.

OTHER SYMPTOMS TO HAVE CHECKED

- Pain in the testicle
- A significant change in the size of one of the testicles
- A feeling of heaviness or pain in the scrotum
- A feeling of fluid collecting in the scrotum
- Breast tenderness or increased breast size

IF YOU FIND A LUMP

If you find anything unusual during your self-exam, call and schedule an appointment with your healthcare provider.

cancer.osu.edu/testicularcancer
800-293-5066

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