



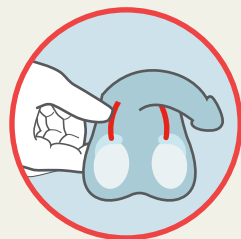
STEP 1

Slowly roll each testicle between the thumb and fingers, applying slight pressure. Check for hard, painless lumps.



STEP 2

Examine your epididymis for lumps. This crescent-shaped cord is behind each testicle. It may be tender to the touch.



STEP 3

Examine the vas (the sperm-carrying tube that runs up from the epididymis). The vas normally feels like a firm, movable and smooth tube.

SYMPTOMS OF TESTICULAR CANCER

Symptoms may include:

- Lump on testicle, epididymis, or vas
- Enlargement of testicle
- Heavy sensation in groin area or testicles
- Dull ache in groin or abdomen area

This simple 3-minute self examination can detect one of the cancers most common among men aged 15-34.

If detected early, testicular cancer is one of the most easily cured. If you do find a lump or have any of these symptoms, see your healthcare provider immediately.