

TESTICULAR SELF EXAMINATION

Why bother with Testicular Self Examination (TSE)?

Although testicular cancer is rare, it is the most common cancer in men between the ages of 15 and 34 years.

With early detection, and recent advances in treatment, testicle cancer is one of the most easily cured cancers.

TSE is a simple procedure that can be a life saving habit.

What are the symptoms?

The usual symptoms of testicular cancer include a lump on or in the testicle, painless swelling, or a dull ache or heavy dragging sensation in the lower abdomen, groin or scrotum. The early symptoms are mild and tend to be overlooked.

How to do TSE

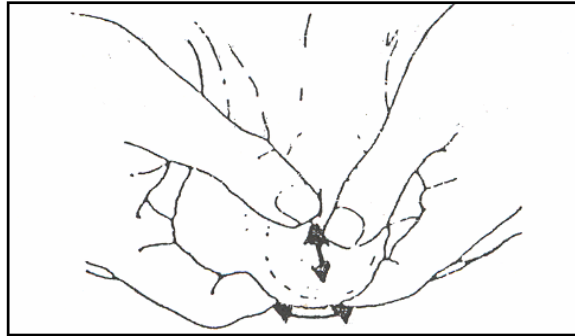
TSE is best done using two hands and should be done at least once a month, preferably after a warm bath or shower when the scrotal skin is most relaxed.

Check each testicle by gently rolling them between the thumbs and forefingers. It is usual to have one testicle slightly larger and higher than the other.

What to look for

The testicle itself is egg-shaped, fairly firm to touch and should be smooth and free of lumps. There is also a soft tubelike structure at the back of the testis, called the epididymis. You should feel for any changes in size, sensation, shape or consistency.

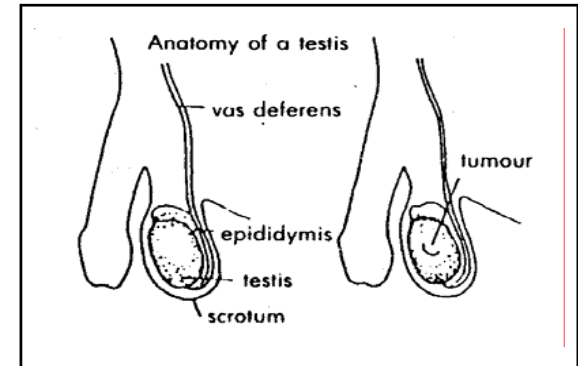
If you do find something abnormal it will most likely be an area of firmness or a small lump in the front or on the side of the testicle (similar in feeling to a pea in a hard boiled egg!)



If you find something you think is unusual, see your doctor as soon as possible. However, remember not all lumps are due to cancer. TSE also can detect infections and cysts.

What are the causes of testicular cancer?

The causes of testicular cancer are not known but some factors that may lead to it are undescended testicle, trauma (injury), heat exposure and genetic factors.



In most cases testicular cancer involves a change that can be easily recognised in one of the testicles

Detected and treated early, testicular cancer is unlikely to result in death.

Sexual Health Service Tasmania is staffed Monday to Friday from 8.30 am until 5.00 pm. Clinic times vary from site to site so please contact your local office for details (see contact details on the back of this pamphlet).

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Mona Vale Hospital, Health Promotion Unit NSW

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**SEXUAL HEALTH SERVICE
A joint Australian and State
Government Program**

The Royal Hobart Hospital is Tasmania's largest hospital and provides a number of state-wide services including cardiothoracic surgery, neurosurgery, burns management, hyperbaric and diving medicine, neonatal intensive care and high-risk obstetrics. It is the major teaching and research hospital for the State and works closely with the University of Tasmania.

Many students in the health care professions are taught within the Hospital, and gaining skills in examining and interviewing patients is an important part of their education and training. We ask for your co-operation and encourage you to participate in our teaching and research activities. Your permission is required for participation.

The Royal Hobart Hospital encourages feedback from patients, relatives and visitors. This feedback helps staff to better understand the needs of patients and provide the best possible patient care.



**The Royal Hobart Hospital
is a smoke-free site**

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**Information
Pamphlet**



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Examination**