

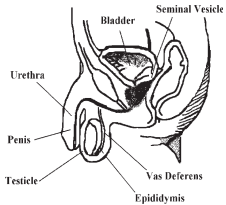
TESTICULAR SELF EXAM guidelines

The American Cancer Society recommends men receive a testicular exam by their doctor as part of a routine cancer-related checkup, especially for those with risks factors such as cryptorchism or a family history of the disease.

It is also recommended men perform regular testicular self exams.

The best time to perform the self exam is during or after a bath or shower, when the skin of the scrotum is relaxed. To perform a testicular self exam:

- Hold the penis out of the way and examine each testicle separately.
 - Hold the testicle between the thumbs and fingers with both hands and roll it gently between the fingers.
 - Look and feel for any hard lumps or nodules (smooth rounded masses) or any change in the size, shape, or consistency of the testes.



You should be aware that each normal testis has an epididymis, which appears as a small “bump” on the upper or middle outer side of the testis. Normal testicles also contain blood vessels, supporting tissues and tubes that conduct sperm.

REMEMBER--go see your physician if you think you feel something abnormal as early detection is key to the survival of this cancer.

**For more information about Testicular Cancer, call 1-800-ACS-2345
or visit www.cancer.org.**

**Need a physician or want more information about Providence Medical Center?
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**PROVIDENCE
MEDICAL CENTER**
8929 Parallel Parkway
Kansas City, KS 66112
913-596-4000
www.providencekc.com