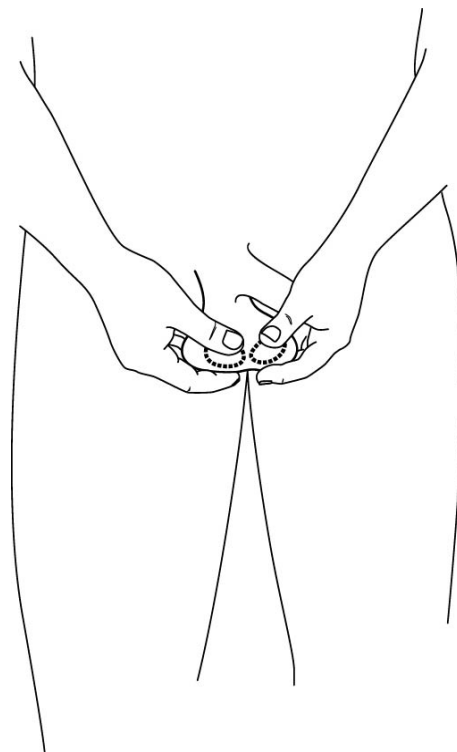


# Testicular Self Exam

Men should check their testes each month starting in their teen years. Cancer of the testes can often be cured if found early.

## Steps

1. After taking a warm bath or shower, stand in front of a mirror. Look for any swelling of the skin around the testes.
2. Use both hands to feel each testicle. Place your fingers under the each testicle with your thumbs on top.
3. Roll each testicle gently between your thumbs and fingers. Feel for any lumps. You should not feel any pain as you do this. You will feel a soft tube-like structure behind the testicle, which stores and transports sperm.



**See your doctor right away if you have:**

- A lump
- A testicle that becomes larger or shrinks
- A feeling of heaviness or a large amount of fluid in the skin around the testes
- Pain or aching in the testes, groin or lower abdomen
- Tender or enlarged breasts

**Talk to your doctor if you have any questions or concerns about your self exam.**

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# 睪丸自檢

進入青春期後，男性應每月檢查自己的睪丸。睪丸癌如及早發現，往往是可以治癒的。

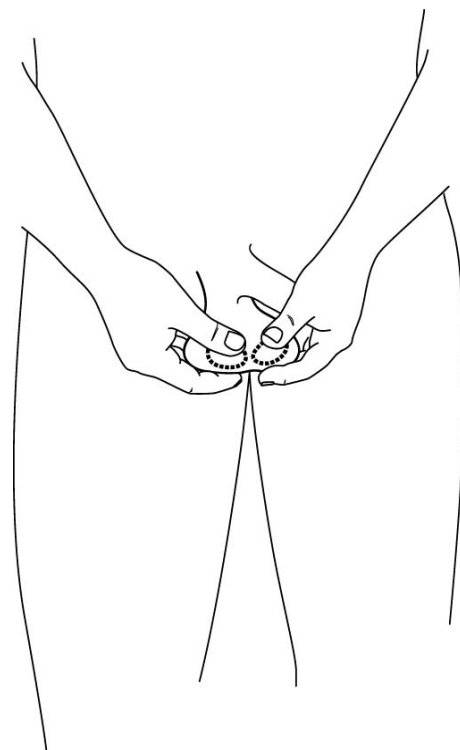
## 步驟

1. 洗溫水澡或淋浴後，站在鏡子前，看睪丸週圍皮膚是否有任何腫脹。
2. 雙手觸摸每個睪丸。大拇指放睪丸上，其他手指在下。
3. 用手指輕輕轉動每個睪丸。摸一摸是否有腫塊。這樣做時，不應有疼痛感。您會摸到睪丸後有軟管一樣的結構，那是用於儲存和運輸精液的。

有以下狀況者立即看醫生：

- 腫塊
- 一側睪丸變大或變小
- 睪丸週圍的皮膚有沈重感或感覺皮膚內有大量液體
- 睪丸、腹股溝或下腹部疼痛
- 乳部觸痛或變大

如果對自檢有任何疑問或擔心，請諮詢醫生。



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Testicular Self Exam. Traditional Chinese