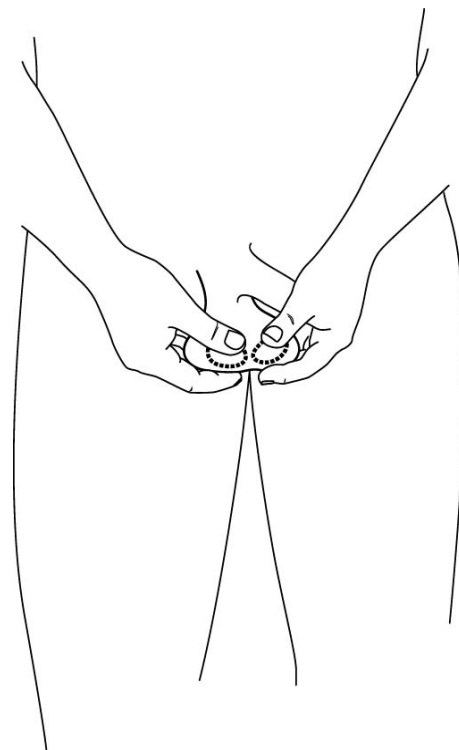


Testicular Self Exam

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

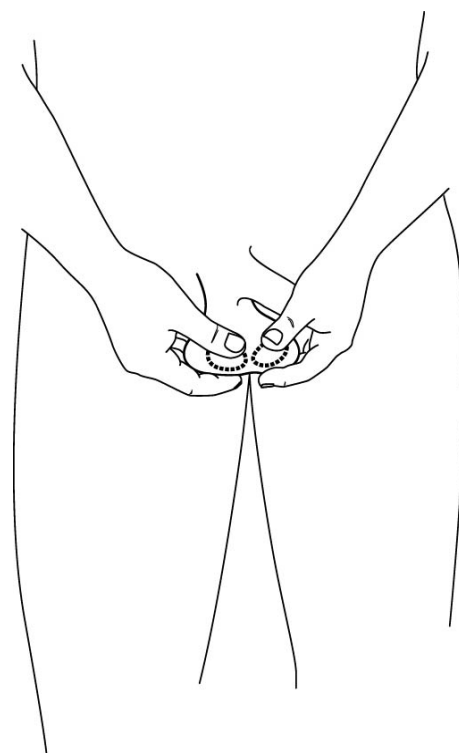
Talk to your doctor if you have any questions or concerns about your self exam.

Samostalni pregled testisa

Muškarci bi trebali provjeravati svoje testise svakih mjesec dana još od početka adolescencije. Rak testisa se obično može izliječiti ukoliko se rano otkrije.

Postupak

1. Poslije tople kupke ili tuša, stanite ispred ogledala. Tražite znakove oteklina na koži oko testisa.
2. Koristite obje ruke da opipate svaki testis. Stavite prste ispod svakog testisa sa palcem na vrhu.
3. Uvijajte testis, jedan pa drugi lagano između palca i prstiju. Tražite znakove kvržica. Ovaj proces ne bi trebao biti bolan. Trebali bi osjetiti mekanu cijevastu strukturu iza testisa koja sadrži i transportuje spermu.



Potražite pomoć doktora odmah, ukoliko imate:

- Kvržice
- Testis je uvećan ili smanjen
- Osjećaj težine ili veće količine tečnosti u koži oko testisa
- Bol ili peckanje u testisima, preponama ili donjem stomaku
- Bolne ili uvećane grudi

Razgovarajte sa vašim doktorom ako imate bilo kakvih pitanja ili briga sa vašim pregledom testisa.

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Testicular Self Exam. Bosnian