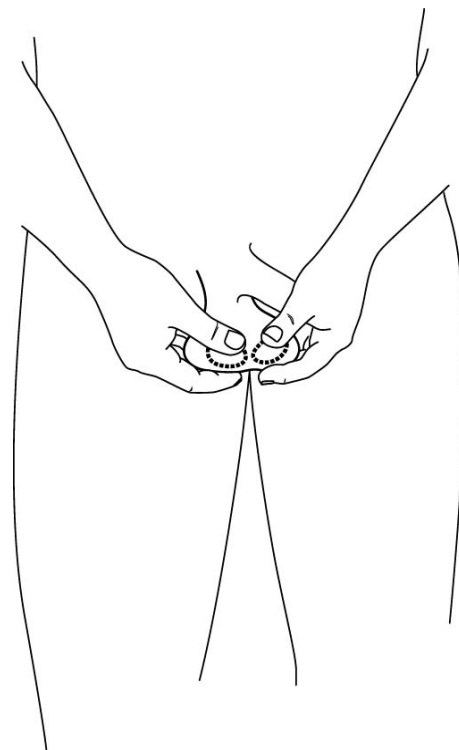


Testicular Self Exam

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.

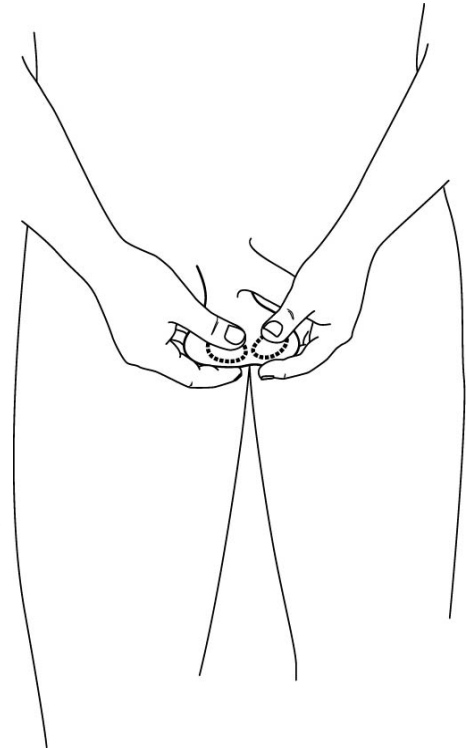
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睾丸の自己検査

十代以上の男性は毎月、睾丸のチェックを行ってください。睾丸癌は早期発見できれば治癒する可能性もあります。

手順

1. 温かいお風呂に入ったりシャワーを浴びた後、鏡の前に立ちます。睾丸周辺の皮膚に腫れがないか調べます。
2. 両手で両方の睾丸に触れます。指で睾丸を支えて、親指を上に乗せます。
3. 指と親指の間でそれぞれの睾丸を軽く転がします。しこりがないか調べます。痛くないように行ってください。睾丸の裏に柔らかい管のような構造を感じますが、これは精子を貯めたり運んだりするためのものです。



以下の症状があれば、直ちに検診を受けてください。

- しこりがある
- 睾丸が収縮する
- 重く感じたり、睾丸の周囲の皮膚内に大量の液が感じられる
- 睾丸、足の付け根、または下腹部に痛みを感じる
- 圧痛を感じたり胸部が大きくなる

自己検査に関する質問や不明な事項については、貴方の主治医にご相談ください。

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Testicular Self Exam. Japanese