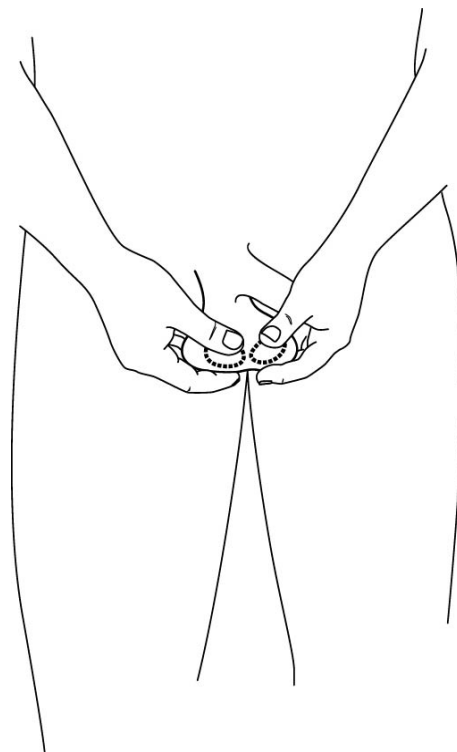


Testicular Self Exam

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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睪丸自检

进入青春期后，男性应每月检查自己的睪丸。睪丸癌如及早发现，往往是可以治愈的。

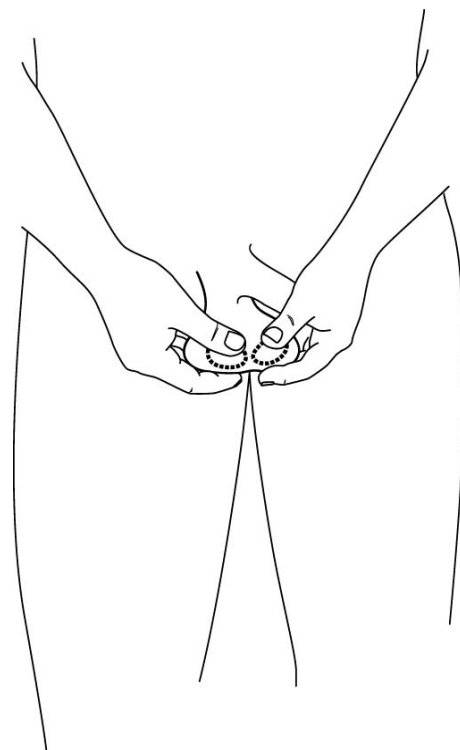
步骤

1. 洗温水澡或淋浴后，站在镜子前，看睪丸周围皮肤是否有任何肿胀。
2. 双手触摸每个睪丸。大拇指放睪丸上，其他手指在下。
3. 用手指轻轻转动每个睪丸。摸一摸是否有肿块。这样做时，不应有疼痛感。您会摸到睪丸后有软管一样的结构，那是用于储存和运输精液的。

有以下状况者立即看医生：

- 肿块
- 一侧睪丸变大或变小
- 睪丸周围的皮肤有沉重感或感觉皮肤内有大量液体
- 睪丸、腹股沟或下腹部疼痛
- 乳部触痛或变大

如果对自检有任何疑问或担心，请咨询医生。



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Testicular Self Exam. Simplified Chinese