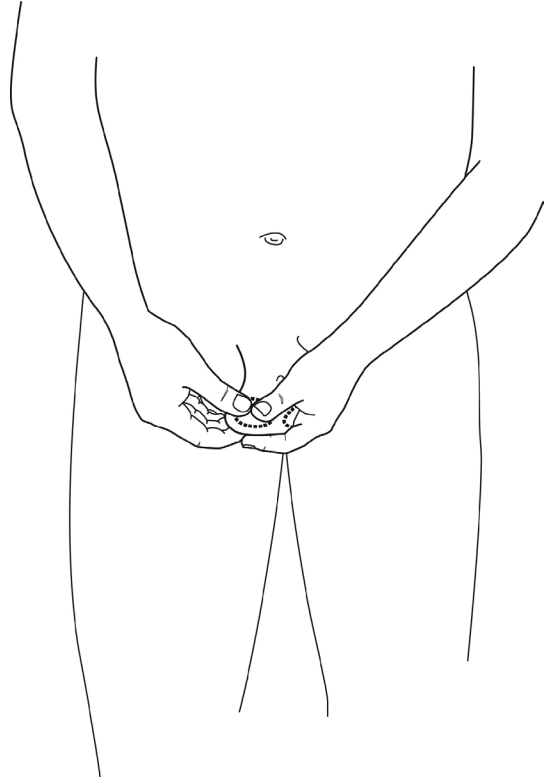


Testicular Self Exam

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 – one at a time. Place your fingers under 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. Repeat on the other side.

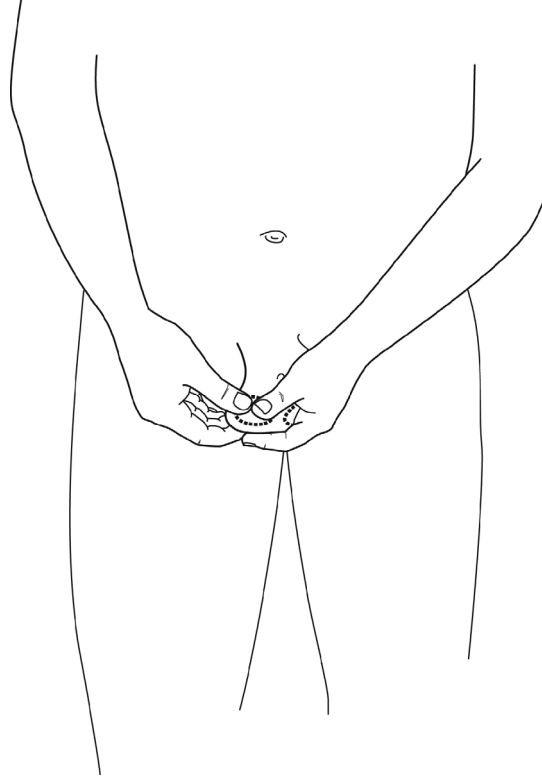


See your doctor right away if you have:

- 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

الاختبار الذاتي للخصيتين

يجب أن يقوم الرجال بفحص الخصيتين كل شهر بداية من سن المراهقة. يمكن شفاء سرطان الخصية إذا تم اكتشافه مبكرًا.



الخطوات

1. بعد الاستحمام بماء دافئ، قف أمام المرأة. ابحث عن أي أورام حول الخصيتين.
2. استخدم يديك لتحسس الخصيتين – واحدة في كل مرة. ضع أصبعك تحت كل خصية مع وضع الإبهام أعلى الخصية.
3. قم بتدوير كل خصية برفق بين الإبهام والأصابع. تحسس للبحث عن أي كتل يجب ألا تشعر بأي ألم أثناء ذلك. ستشعر بأنبوب لين خلف الخصيتين، وهو الذي يقوم بتخزين ونقل المنى. كرر على الجانب الآخر.

استشر طبيبك على الفور إذا كنت تعاني من:

- ورم
- كبير حجم إحدى الخصيتين أو انكماشها
- الشعور بثقل أو قدر كبير من السوائل بداخل الجلد المحيط بالخصيتين
- ألم في الخصيتين أو في بطن الفخذ أو الجزء السفلي من البطن
- كبير حجم الصدر أو حساسيته

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

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اتصل بطبيبك إذا كان لديك أي تساؤلات أو استفسارات حول الاختبار الذاتي.

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Testicular Self Exam. Arabic.