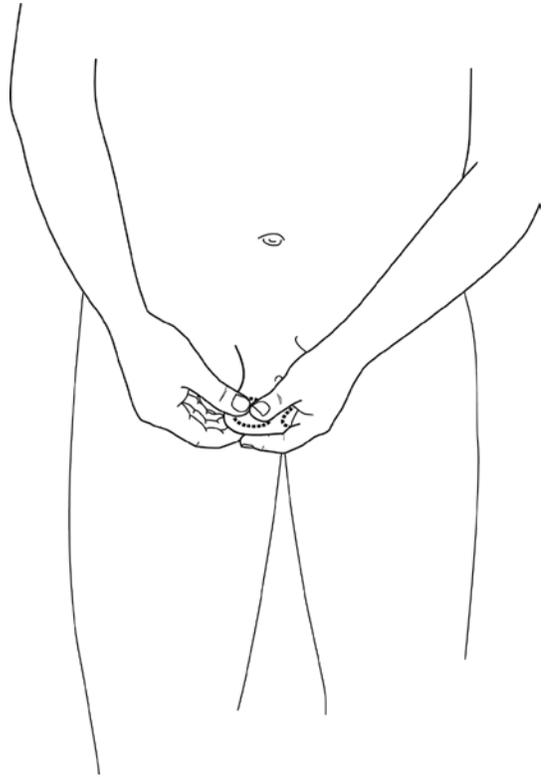


Testicular Self Exam

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:

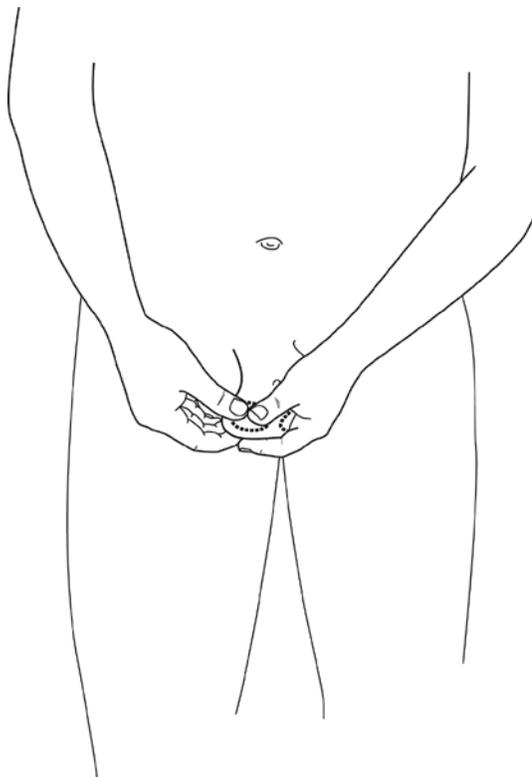
- A lump
- A testicle that becomes larger or shrinks
- A feeling of heaviness or a large amount of fluid in the skin around the testes
- Pain or aching in the testes, groin or lower abdomen
- Tender or enlarged breasts

Samopregled testisa

Muškarci bi trebali vršiti pregled svojih testisa svakih mjesec dana još od početka puberteta. Rak testisa se najčešće može izliječiti ako se rano otkrije.

Postupak

1. Poslije tople kupke ili tuša, stanite ispred ogledala. Tražite znakove oteklina kože oko testisa.
2. Koristite obje ruke da opipate svaki testis – jedan po jedan. Stavite prste ispod svakog testisa sa palcem na vrhu.
3. Nježno opipajte svaki testis 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. Ponovite ovaj postupak sa drugim testisom.



Odmah potražite pomoć doktora, ako primijetite:

- kvržicu
- da je testis uvećan ili smanjen
- osjećaj težine ili veće količine tečnosti na koži oko testisa
- bol ili peckanje u testisima, preponama ili donjem stomaku
- bolne ili uvećane grudi

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

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Ako imate bilo kakvih pitanja ili briga u vezi samopregleda testisa, posavjetujte se sa svojim ljekarom.

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Testicular Self Exam. Bosnian.