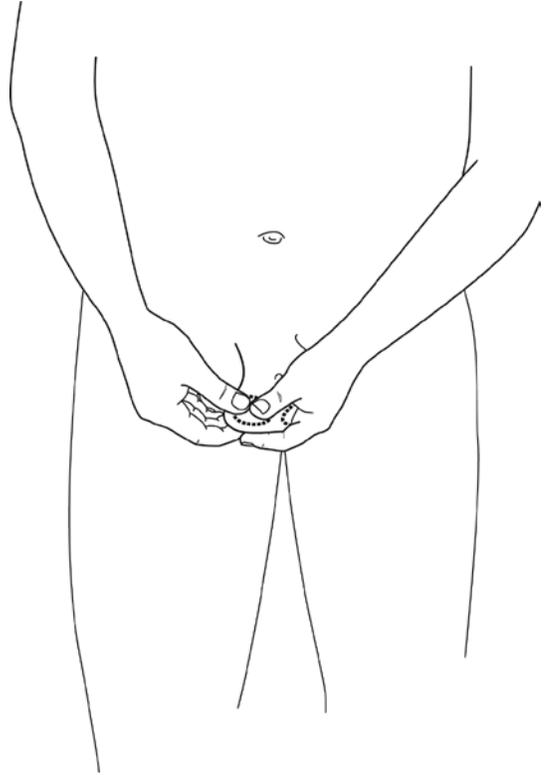


Testicular Self Exam

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:

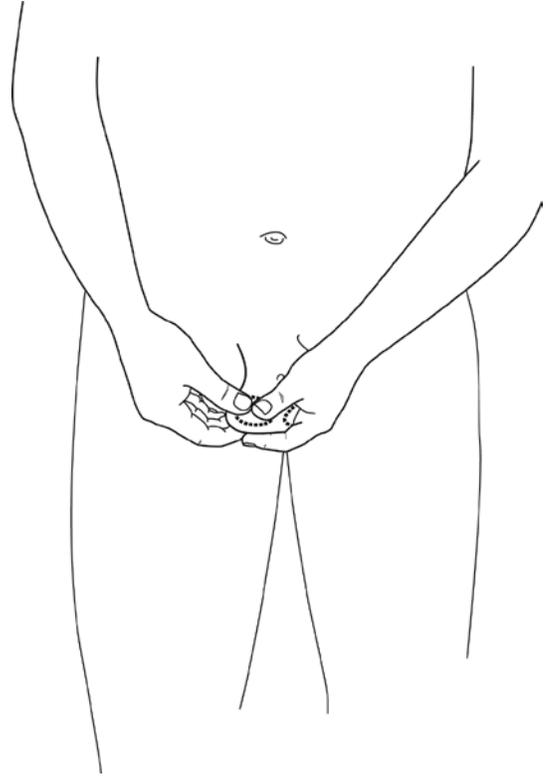
- A lump
- A testicle that becomes larger or shrinks
- A feeling of heaviness or a large amount of fluid in the skin around the testes
- Pain or aching in the testes, groin or lower abdomen
- Tender or enlarged breasts

고환 자가진단

남성들은 십대부터 고환 검사를 매달 해야 합니다. 조기 발견을 하면 고환암을 쉽게 치료할 수 있습니다.

방법

1. 따뜻한 물로 목욕이나 샤워를 한 다음 거울 앞에 선다. 고환 주위 피부에 붓기가 있는가 본다.
2. 양쪽 손을 사용하여 고환을 하나씩 만져본다. 엄지가 맨 위로 오게 하여 손으로 고환 밑을 잡는다.
3. 각 고환을 두 엄지와 손가락으로 잡고 가만히 돌려가면 만져본다. 혹 같은 것이 있는가 확인한다. 이런 검사를 할 때 통증이 없어야 한다. 고환 뒤쪽에 부드러운 튜브 같은 조직을 느낄 수 있다. 정액이 저장되고 이동되는 곳이다. 다른 쪽도 똑 같은 방법으로 검사한다.



다음과 같은 경우 즉시 의사와 상담:

- 혹이 만져진다
- 고환이 커지거나 작아진다
- 고환 주위 피부가 좀 무겁거나 물이 많이 차있는 것 같은 느낌이 든다
- 고환, 사타구니 또는 복부 아래쪽에 통증이 있다
- 유방이 따끔거리거나 커졌다

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

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자가진단에 관하여 질문이나 문제가 있으면 의사와 상담하십시오.

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Testicular Self Exam. Korean.