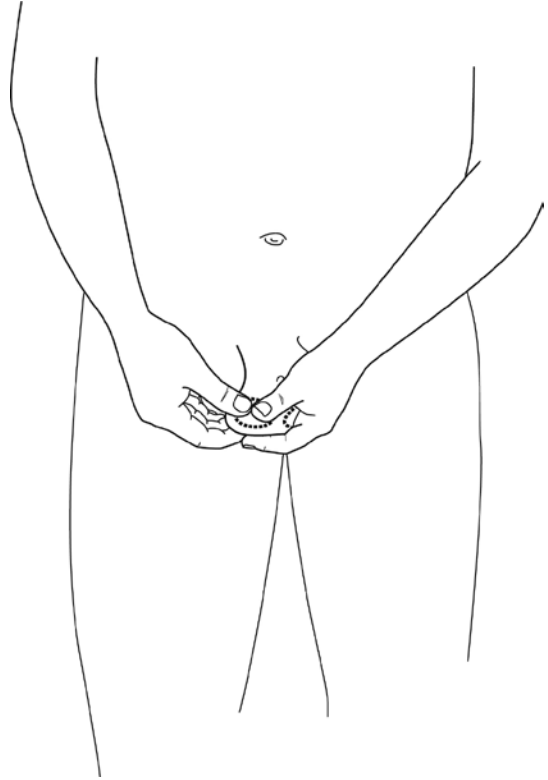


Testicular Self Exam

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:

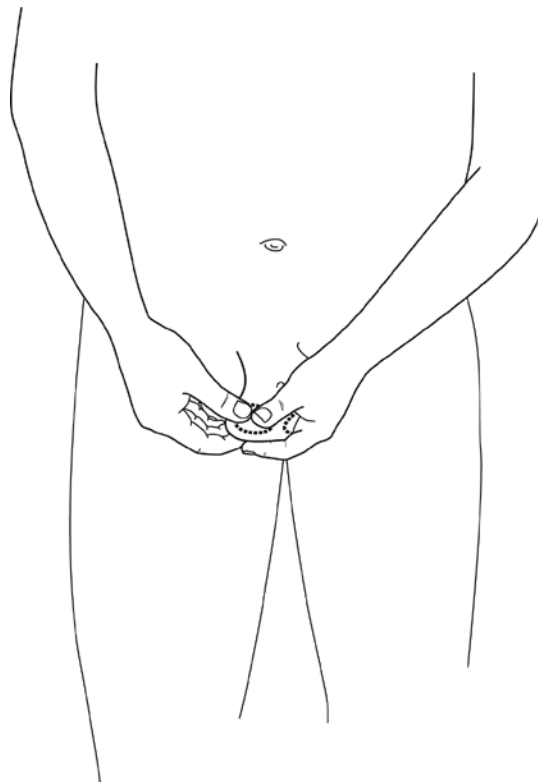
- A lump
- A testicle that becomes larger or shrinks
- A feeling of heaviness or a large amount of fluid in the skin around the testes
- Pain or aching in the testes, groin or lower abdomen
- Tender or enlarged breasts

Auto-exame dos testículos

Os homens devem examinar os testículos mensalmente desde a adolescência. O câncer de testículos normalmente pode ser curado se descoberto no início.

Etapas

1. Depois de tomar um banho morno de chuveiro ou banheira, fique em pé de frente para um espelho. Verifique se existe algum inchaço na pele ao redor dos testículos.
2. Use as duas mãos para tocar cada testículo – um de cada vez. Coloque os dedos debaixo de cada testículo com os polegares na parte de cima.
3. Role suavemente cada um dos testículos entre os dedos e o polegar. Verifique se existem nódulos. Não deve sentir dor ao fazer isso. Você sentirá uma estrutura macia parecida com um tubo atrás do testículo, que é o local de armazenamento e transporte do esperma. Repita do outro lado.



Marque uma consulta com seu médico imediatamente se:

- Notar um nódulo
- Um testículo aumentar ou diminuir de tamanho
- Sentir peso ou uma grande quantidade de líquido na pele ao redor dos testículos
- Sentir dor ou sentir os testículos, a virilha ou a parte inferior do abdômen doloridos
- Sentir sensibilidade ou aumento das mamas

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

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Converse com seu médico em caso de dúvidas ou preocupações sobre o auto-exame.

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Testicular Self Exam. Portuguese.