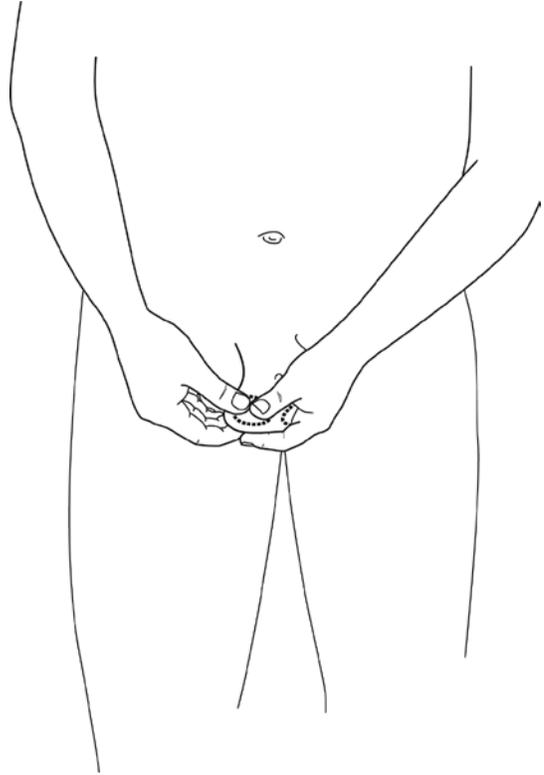


Testicular Self Exam

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:

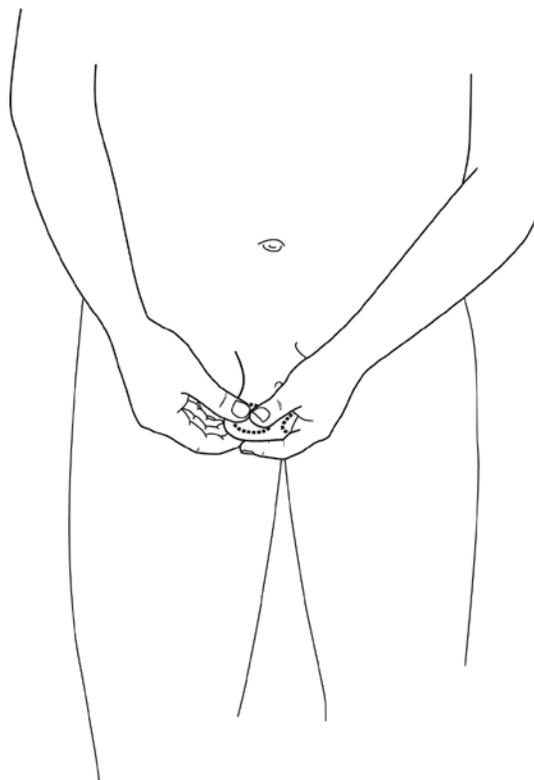
- A lump
- A testicle that becomes larger or shrinks
- A feeling of heaviness or a large amount of fluid in the skin around the testes

Самостоятельная проверка яичек

Начиная с подросткового возраста, мужчины должны раз в месяц проверять свои яички. Часто в случае раннего обнаружения рак яичек можно вылечить.

Этапы

1. После приема теплой ванны или душа встаньте перед зеркалом. Посмотрите, нет ли вокруг яичек припухлостей.
2. Прощупайте по очереди каждое яичко двумя руками. Поместите пальцы под каждое яичко, а большие пальцы – сверху.
3. Аккуратно прокатите яичко между большим и остальными пальцами. Проверьте, нет ли каких-либо уплотнений. При этом Вы не должны чувствовать никакой боли. Вы почувствуете мягкую трубчатую структуру позади яичка, в которой хранится и по которой перемещается сперма. Повторите процедуру со вторым яичком.



Немедленно посетите своего врача, если у Вас:

- Уплотнение
- Яичко увеличивается или уменьшается
- Ощущение тяжести или скопления жидкости в коже вокруг яичек

- 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.

2007 – 11/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

- Острая или ноющая боль в яичках, паху или нижней части живота
- Болезненная или увеличенная грудь

Если у Вас есть какие-либо вопросы или опасения относительно самостоятельной проверки, обратитесь к Вашему врачу.

2007– 11/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Testicular Self Exam. Russian.