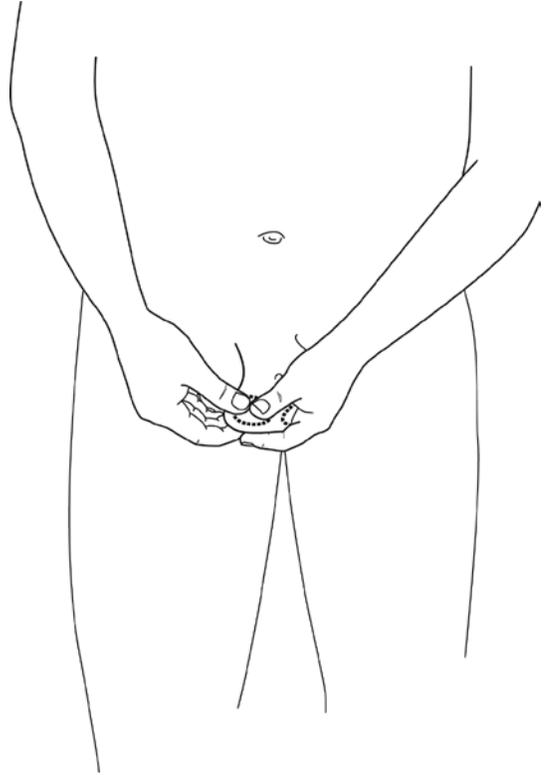


Testicular Self Exam

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:

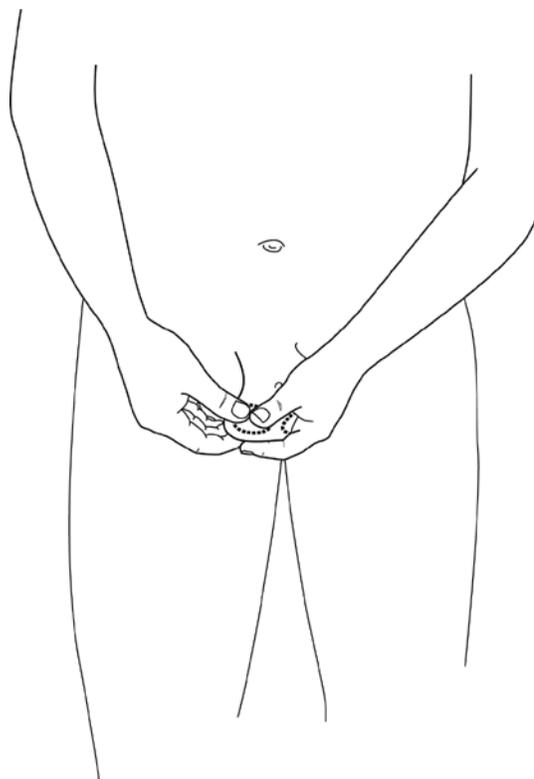
- A lump
- A testicle that becomes larger or shrinks
- A feeling of heaviness or a large amount of fluid in the skin around the testes
- Pain or aching in the testes, groin or lower abdomen
- Tender or enlarged breasts

睾丸自检

进入青春期后，男性应每月检查自己的睾丸。睾丸癌如及早发现，往往是可以治愈的。

步骤

1. 洗温水澡或淋浴后，站在镜子前，看睾丸周围皮肤是否有任何肿胀。
2. 双手触摸每个睾丸，一次一个。大拇指放睾丸上面，其他手指在下。
3. 用手指轻轻转动每个睾丸。摸一摸是否有肿块。这样做时，不应有疼痛感。您会摸到睾丸后有软管一样的结构，那是用于储存和运输精液的结构。检查另外一侧时重复同样的动作。



有以下状况者立即看医生：

- 肿块
- 一侧睾丸变大或变小
- 睾丸周围的皮肤有沉重感或感觉皮肤内有大量液体
- 睾丸、腹股沟或下腹部疼痛
- 乳部触痛或变大

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

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如果对自检有任何疑问或担心，请咨询医生。

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Testicular Self Exam. Simplified Chinese.