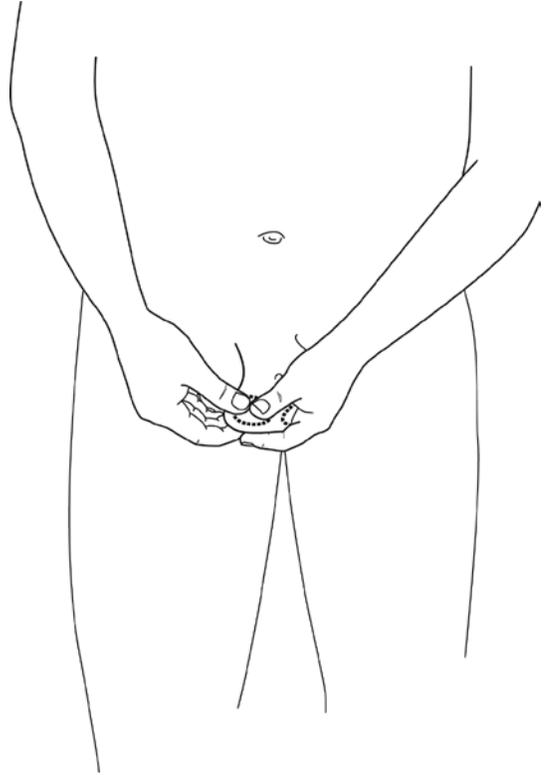


Testicular Self Exam

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.

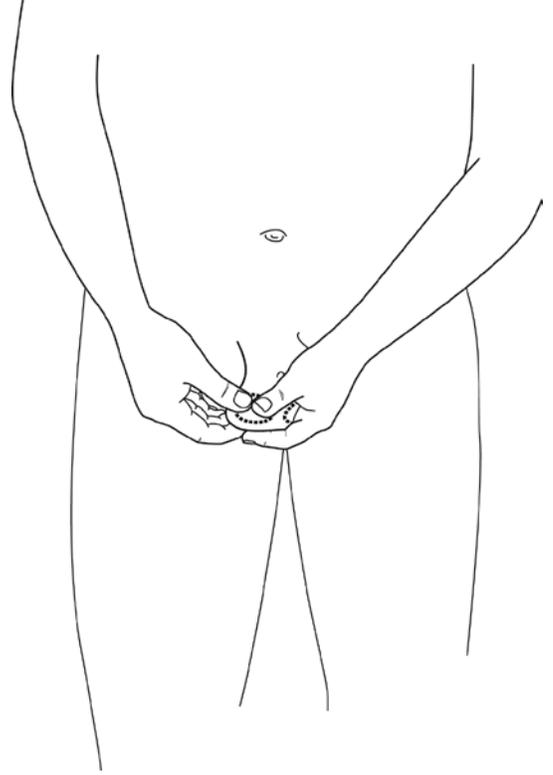


See your doctor right away if you have:

- 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

Is-baadhka Xiniinyaha

Raggu waa inay baadhaan xiniinyahooda bil kasta laga bilaabo marka ay yihiin tobneeyo-jir. Kaansarka ku dhacda xiniinyaha badanaa waa la daweyn karaa haddii goor hore la helo.



Talaabooyinka

1. Ka dib marka aad qaadatid qubays ama maydhasho diiran, hor joogso muraayad. Eeg wax barar ah oo ku yaala agagaarka xiniinyaha.
2. Isticmaal labada gacmood si aad u dareentid xiniin kasta – taasoo ah midkiiba hal mar. Farahaaga ka hooseysii xiniin kasta iyada oo suulashaadu dusha saaran yihiin.
3. Si tartiib ah xiniin kasta ku wareeji suulalka iyo farahaaga. Dareen wax buro ah. Waa inaanad dareemin wax xanuun ah marka aad tan sameynaysid. Waxa aad dareemi doontaa wax jilicsan oo aad tuubo moodid oo ka dambeeya xiniinta, kaasoo kaydiya isla markaana qaada manida. Sidaa oo kale ku samee dhinaca kale.

Isla markiiba u tag dhakhtarkaaga haddii aad leedahay:

- Meel kuusan ama buruq
- Xiniin weynaatay ama yaraatay
- Dareen ah culays ama qadar weyn oo ah dheecaan oo ku jira maqaarka ku wareegsan xiniinyaha
- Xanuun ah xiniinyaha, cawrada ama caloosha hoose
- Naaso danqanaya ama weynaaday

Testicular Self Exam. Somali.

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

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La hadal dhakhtarkaaga haddii aad qabtid su'aalo ama walaac ku saabsan is-baadhistaada.

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Testicular Self Exam. Somali.