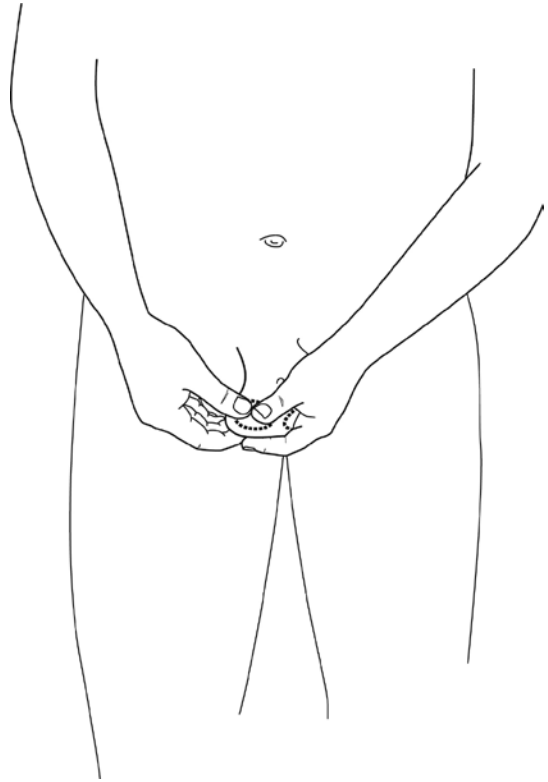


Testicular Self Exam

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:

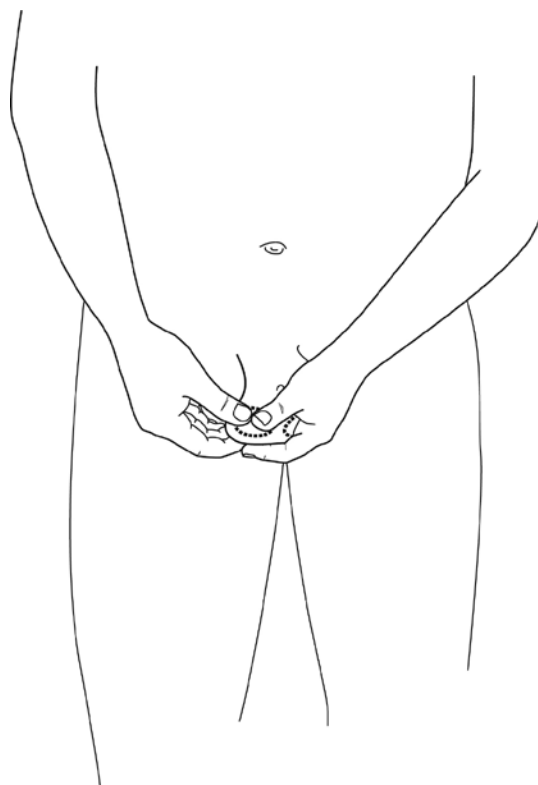
- A lump
- A testicle that becomes larger or shrinks
- A feeling of heaviness or a large amount of fluid in the skin around the testes
- Pain or aching in the testes, groin or lower abdomen
- Tender or enlarged breasts

Autoexamen de testículos

Los hombres deben revisarse los testículos todos los meses a partir de su adolescencia. El cáncer de testículos frecuentemente se puede curar si se detecta a tiempo.

Pasos

1. Después de tomar un baño o ducha tibia, póngase de pie frente a un espejo. Observe si hay alguna hinchazón en la piel que rodea los testículos.
2. Use ambas manos para palpar cada testículo, de a uno por vez. Ponga los dedos debajo de cada testículo con los pulgares en la parte superior.
3. Suavemente haga movimientos circulares en cada testículo entre sus pulgares y los dedos. Busque cualquier bulto. Usted no debe sentir ningún dolor cuando haga esto. Sentirá una estructura suave con forma de tubo detrás de los testículos que almacena y transporta los espermatozoides. Repita del otro lado.



Visite a su médico de inmediato si tiene:

- un bulto;
- un testículo que ha crecido o se ha encogido;
- una sensación de pesadez o gran cantidad de líquido en la piel que está alrededor de los testículos;
- dolor en los testículos, ingle o en la parte baja del abdomen;
- sensibilidad y agrandamiento de senos.

Testicular Self Exam. Spanish.

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

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Hable con su médico o enfermera si tiene alguna pregunta o inquietud acerca de su autoexamen.

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