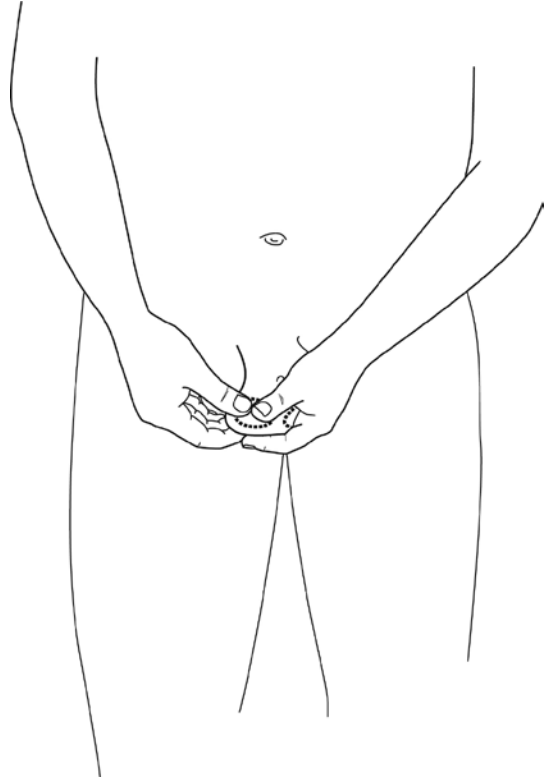


# Testicular Self Exam

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.

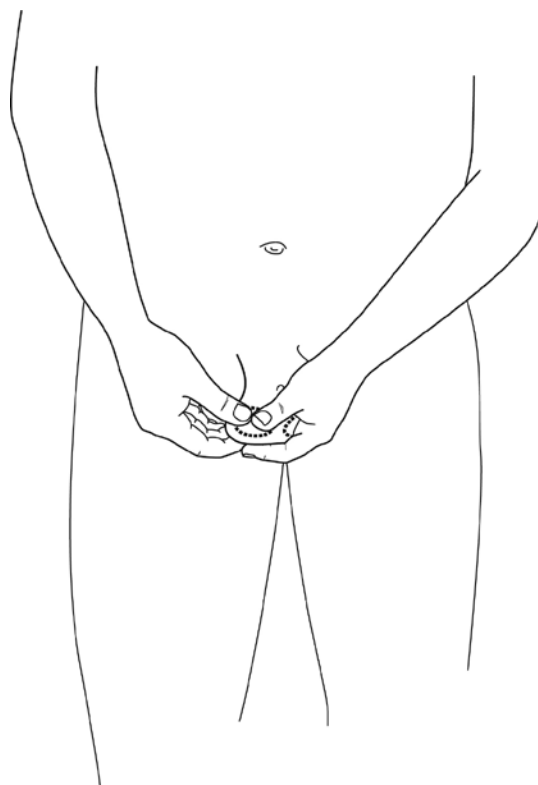


## See your doctor right away if you have:

- 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

# Pagsusuri sa Sariling Bayag

Kailangang suriin ng mga lalaki ang kanilang mga bayag bawat buwan magmula sa kanilang kabataan. Kadalasang nagagamot ang kanser sa bayag kung maaga itong natuklasan.



## Mga Hakbang

1. Pagkatapos maligo ng maligamgam na tubig, tumayo sa harap ng salamin. Maghanap ng anumang pamamaga sa balat na nakapalibot sa bayag.
2. Gamitin ang dalawang kamay upang kapain ang bawat bayag – nang paisa-isa. Ilagay ang inyong mga daliri sa ilalim ng bawat bayag nang nasa itaas ang inyong hinlalaki.
3. Marahang paikutin ang bawat bayag sa pagitan ng inyong hinlalaki at mga daliri. Kapain kung may anumang mga bukol. Hindi kayo dapat makaramdam ng anumang pananakit habang ginagawa ninyo ito. May mararamdaman kayong malambot na bagay na parang tubo sa likuran ng bayag, na nag-iimbak at naghahatid ng sperm. Ulitin sa kabilang bahagi.

## Makipagkita kaagad sa inyong doktor kung mayroon kayong:

- Bukol
- Bayag na lumalaki o lumiliit
- Pakiramdam ng pamimigat o pagkakaroon ng maraming likido sa balat na nakapalibot sa mga bayag

- 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.**

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- Nararamdamang pananakit o pagkirot sa mga bayag, sa singit o ibabang bahagi ng tiyan
- Masakit o lumalaking mga suso

**Kausapin ang inyong doktor kung mayroon kayong anumang mga katanungan o alalahanin tungkol sa inyong pagsusuri sa sarili.**

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Testicular Self Exam. Tagalog.