



Testicular Cancer Examinations for High School Students

3 Steps for Performing a Self-Examination

The best time for you to examine your testicles is during or after a bath or shower, when the skin of the scrotum is relaxed.



Hold your penis out of the way and examine each testicle separately.



Hold your testicle between your thumbs and fingers with both hands and roll it gently between your fingers.



Look and feel for any hard lumps or nodules (smooth rounded masses) or any change in the size, shape, or consistency of your testicles.

Note: It's normal for one testicle to be slightly larger than the other, and for one to hang lower than the other. You should also be aware that each normal testicle has a small, coiled tube called the epididymis that can feel like a small bump on the upper or middle outer side of the testis (American Cancer Society).

Health educators may use this resource to assist with their instruction about self-examinations for breast and testicular cancers. Educators are encouraged to share the information below with students online or on paper.

How Often to Perform a Self-Examination



Many doctors recommend that men examine their testicles monthly after puberty, which occurs between ages 12 and 16.



Certain risk factors increase your chances for developing testicular cancer. Risk factors increase the need for monthly self-examinations. Risk factors include family history and undescended testicles.



If an abnormal lump is discovered on a testicle, contact your doctor (American Cancer Society).

Sources

American Cancer Society: Alteri, R., & Kalidas, M. (2017, May 17). Testicular cancer screening: Early testicular cancer testing. Retrieved from American Cancer Society's [website](#).

MedlinePlus: Puberty. (2020, April 30). Retrieved from MedlinePlus' [website](#).