

For additional information  
please contact:

**S.C. DHEC:**

Contact your local S.C. DHEC  
Public Health Department  
or visit the website at  
[www.scdhec.gov/menshealth](http://www.scdhec.gov/menshealth)

**American Cancer Society:**

1-800-227-2345 or visit the  
website at [www.cancer.org](http://www.cancer.org)

**Centers for Disease Control  
and Prevention (CDC):**

1-800-232-4636 or visit the  
website at [www.cdc.gov](http://www.cdc.gov)

**National Cancer Institute:**

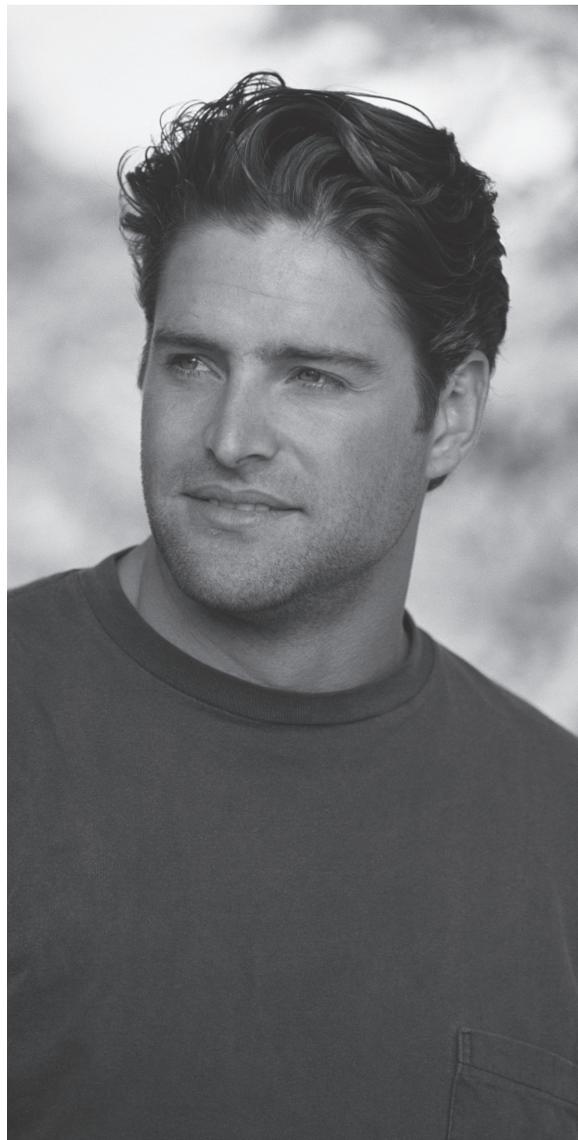
1-800-4-CANCER  
(1-800-422-6237) or visit the  
website at [www.cancer.gov](http://www.cancer.gov)



South Carolina Department of Health  
and Environmental Control

[www.scdhec.gov](http://www.scdhec.gov)

ML-025489 8/13



Could I Have  
**Testicular  
Cancer?**

*Testicular Cancer  
and Self Examination*

## What is testicular cancer?

- Testicular cancer is one of the most common cancers in **young men between the ages of 15 and 34**.
- A man's lifetime chance of having testicular cancer is about **1 in 300**.
- Testicular cancer can be in one or both testicles.
- Testicular cancer is almost always **curable if it is found early**.

## Who is at risk?

- Men who have a testicle that moves down partially or not all the way
- Men born with a birth defect or unusual testicles, penis or kidneys, as well as those with an inguinal hernia (*when tissue pushes through a weak spot in the groin muscle and the bulge may hurt or burn*)
- Personal or family history of testicular cancer

**REMEMBER:** *A three-minute testicular self-exam could save your life.*

## How is testicular cancer found?

Men find most testicular cancers themselves, by accident or when doing a testicular self-exam. Also, doctors generally examine the testicles during routine physical exams. Between regular checkups, if a man notices anything unusual about his testicles, he should talk with his doctor right away.

## Why do a testicular self-exam?

By performing a monthly self-exam, you will know how your testicles normally feel. If you find an abnormality, you can quickly talk to your doctor for further testing. The earlier testicular cancer is found, the better the chances that it can be treated. If treated early, the majority of testicular cancer cases can be treated and cured. Self-exams are recommend for men ages 15 through at least 50.

## When should I do a testicular self-exam?

The best time to do testicular self-exam is during or right after a warm bath or shower when the skin of the scrotum is loose. Do it the same day every month so that it becomes a habit.

## How should I do a testicular self-exam?

1. Stand in front of a mirror and hold the penis out of the way.
2. Hold one testicle between the thumbs and fingers with both hands and roll it gently between the fingers.
3. Look and feel for any hard lumps or any changes in the size, shape or texture of the testes.
4. Repeat the exam on the other testicle.

*Be aware that the testicles have blood vessels, supporting tissue, and tubes that carry sperm and that some men may mistake these for a cancer.*