

WELL-BEING >>>

Staying healthy in body, brain, and spirit is a life-long journey. Learn strategies to improve your own well-being with steps to security, health, and prosperity.



Monthly Self Testicular Exam

HOW TO PERFORM A MONTHLY SELF EXAM.

Always perform monthly self-exams and ask your doctor for a testicular exam at your annual appointment, or sports physical.



One.

Cup one testicle at a time using both hands. This is best performed during or after a warm shower.



Two.

Examine by rolling the testicle between thumb and fingers. Use slight pressure.



Three.

Familiarize yourself with the spermatic cord and epididymis. The tube like structures connected on the back side of each testicle.



Four.

Feel for lumps, changes in size, or irregularities. It is normal for one testis to be slightly larger than the other.

References:

<https://www.testicularcancerawarenessfoundation.org/testicular-cancer-awareness-month>



Testicular Cancer Awareness

April is **Testicular Cancer Awareness** Month. Testicular Cancer is the leading cancer in men ages 15-44 but can strike at any age. Approximately 9,910 males were diagnosed in 2022. When detected early, Testicular Cancer is 95% curable. Testicular cancer has a very fast onset. The cancerous tumors can grow rapidly with the ability to double in size in just 10-30 days.

Testicular cancer is a disease in which cancer develops in one or both testicles. It occurs when germ cells experience abnormal growth. Germ cells, like stem cells, have the potential to form any cell in the body. Normally these cells lie dormant until sperm fertilizes an egg. If germ cells (a sexual reproductive cell) become cancerous, they multiply, forming a mass of cells called tumors that begin to invade normal tissue. When this happens, these cells have the potential to form a variety of embryonic like features including, but not limited to, hair, nails, teeth etc.

Testicular Cancer Risk Factors:

- Undescended testicles (cryptorchidism)
- Family history of testicular cancer
- Personal history of testicular cancer
- Intratubular germ cell neoplasia

Signs & Symptoms:

- A painless lump, change in size, or irregularity
- Pain or discomfort in the scrotum or testicle
- A dull ache or sense of pressure in the lower abdomen, back or groin

Advanced Signs:

- Significant weight loss
- Back and/or abdominal pain
- Chest pain, coughing or difficulty breathing
- Headaches
- Enlarged lymph nodes in abdomen and/or neck



Monthly self-testicular exams are key to early detection of testicular cancer. If you find something abnormal with your testicle, you need to go to your primary care provider for testing to rule out cancer.