



TESTICLE AWARENESS

(Info Source : www.royalmarsden.nhs.uk/cancer-information)

Testicle awareness is a quick, simple check which men should do from puberty onwards. It means you will get to know how your testicles usually feel. If you find a lump or notice change, it does not mean it's cancer. However, you should make an appointment to see your usual GP straight away to find out the cause and receive treatment.

WHY SHOULD I EXAMINE MY TESTICLES?

Examine each testicle in the same way. The following steps will act as a guide:

- ◆ Hold your scrotum in the palms of your hands so that the thumbs and fingers of both hands are free to feel your testicles.
- ◆ It is common for one testicle to be slightly larger, or to hang lower, than the other.
- ◆ Examine your testicles one at a time, using gentle pressure.
- ◆ Examine the *epididymis* first, the sausage-shaped structure on top of and behind the testicle—it should feel soft and slightly tender to the touch.
- ◆ Find the spermatic chord, which goes out from the top of the *epididymis* and behind the testicle—it should feel like a firm, smooth tube.
- ◆ Feel the testicle itself.

Cont.

WHAT CHANGES AM I LOOKING OUT FOR?

These are changes you are looking for:

- ◆ A hard lump on the front or side of a testicle
- ◆ Swelling or enlargement of a testicle
- ◆ Pain or discomfort in the scrotum or testicles
- ◆ An unusual difference between one testicle and the other
- ◆ A dull ache in the lower stomach, groin or scrotum

If you notice a lump or any other change, consult with your doctor (GP) or Nurse Practitioner. You may worry needlessly if you do not. If your doctor or nurse is concerned they will refer you to a specialist.

USEFUL LINKS

NHS Choices—Testicular Cancer:

<http://www.nhs.uk/Conditions/Cancer-of-the-testicle/Pages/Introduction.aspx>

The Royal Marsden:

<http://www.royalmarsden.nhs.uk/cancer-information/types/pages/testicular-cancer.aspx>

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www.adampractice.co.uk

