

PUBLIC HEALTH FACT SHEET



HEALTH DIVISION
Department of Health & Human Services

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Testicular Self-Examination (TSE)

What is Testicular Self-Examination (TSE)?

A simple routine of checking your own testicles to feel for any abnormalities. Knowing how your testicles normally feel will help you to notice future changes.

Why Examine my Testicles?

To look for any changes in your testicles such as:

- An enlargement of a testicle
- A significant loss of size in one of the testicles
- A feeling of heaviness in the scrotum
- Pain or discomfort in a testicle or in the scrotum
- A firm painless lump in the testicle

When do I Examine my Testicles?

Monthly, starting at 15 years of age. The best time to do testicular self-examination is right after a warm bath or shower. The heat helps the scrotal skin to relax, making it easier to find anything unusual.

How do I Examine my Testicles?

1. Take a look at your scrotum and notice the size and shape. Feel the weight of your scrotum.
2. Roll each testicle gently between the thumb and fingers of both hands. The testicles should be firm and smooth. One testicles may be slightly larger than the other, this is normal.
3. Check each testicle for lumps. Lumps may be large or pea-size and may be under the skin, in front or along side each of the testicles.
4. Locate the epididymis, a rope-like, comma shaped cord at the top and back of each testicle. It is important to know the feel of it because it is a normal part of your body.

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The Benefits of TSE?

By performing testicular self-examination every month, you will become familiar with how your testicles normally feel. This will make it easier for you to notice changes.

For more information on Testicular Self-Examination, call (248) 858-1406 or toll free 1 (800) 848-5533.

For additional copies, visit our website at www.oakgov.com/health.