



Test Your Testes with Monthly Self Checks

Know the Stats About Testicular Cancer

- Most **common cancer** in men **15 to 35** years old
- **About half** of diagnosed men are **20 to 34**
- Risk is **4 to 5 times higher** in **white men** than African- and Asian-American
- One of the most **treatable and survivable** types of cancer **when detected early**

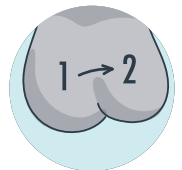
To find a urology specialist
and a location near you, visit:
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You'll figure out what's normal for you after a few checks. But if you feel anything funny, it's time to go to a pro, like your primary care doctor or a urology specialist.

How to Test

The best time to scrutinize your scrotum is during or right after a hot shower, and it only takes about a minute.

Step 1 Check your testicles one at a time.



Step 2 Using both hands, hold the testicle between your thumbs and fingers and gently roll it between your fingers.



Step 3 Look and feel for any of the following:

- Hard lumps
- Smooth or rounded bumps
- Changes in size, shape or consistency.



Your testes are your besties – Get to know them better, so you can tell when something isn't normal.

What's Normal

- One testicle may be slightly larger than the other.
- Each testicle has a cord-like structure called the epididymis, which may feel like a small bump or ridge on the top and back of each testicle.
- Each testicle contains many blood vessels, supporting tissues and tubes that carry sperm.

What's Not

- Acute pain in the testicles
- A dull ache in the abdomen or groin
- Blood in semen

At Orlando Health, we believe all men should be testing their testicles once a month so they can proactively report any changes to their healthcare provider. Your physician is your partner in health and can advise you on any additional screening exams and risk reduction strategies that are right for your age and current health condition. Orlando Health's physician network includes primary care, men's health and cancer specialists ready to provide you with comprehensive preventive, diagnostic and therapeutic care.

Here are Some Other Things You Should Know:

- Most testicular cancers are self-discovered as a lump in the testicle, which can range from feeling painless to uncomfortable.
- Testicular cancer is most common cancer in males 15 to 35 years old.
- About half of testicular cancers are diagnosed in men 20–34 but can occur at any age.
- One out of 250 males will be diagnosed with testicular cancer in their lifetime.
- For unknown reasons, the risk of testicular cancer is about 4 to 5 times higher in white males than in African- and Asian-American men.
- When detected early, testicular cancer is one of the most treatable and survivable types of cancer, at 99 percent.



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