

Have you checked your balls lately?



Cup one testicle at a time using both hands - best performed during or after a warm bath or shower



Examine by rolling the testicle between thumb and fingers - use slight pressure



Familiarise yourself with the spermatic cord and epididymis - tube like structures that connect on the back side of each testicle



Feel for lumps, change in size or irregularities - it is normal for one testis to be slightly larger than the other

Did you know? Testicular cancer is one of the common cancers in young men!

How to do a testicular self-examination:

- Doing a testicular self-examination is easy: learn what your body normally feels and looks like - that way any changes or anything that feels strange can be detected early
- Firstly, decide on a regular time once a month to do your self examination
- Examine your testicles directly after a warm bath or shower
- Stand in front of a mirror and look for any swelling
- Support your testicles with one hand and feel each one with your other hand
- Roll the testicles between the thumb and fingers, feeling for any lumps - it's normal to feel a soft chord-like structure on the top and back of each testicle, lumps can be as small as a grain of rice and are usually quite firm like hard rubber
- Also check for areas that feel tender
- Consult your health practitioner if any abnormalities are detected

Tools, balls, man marbles (or even berries) are different ways to refer to testicles

Whichever way, look after yours!



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Testicular Cancer - Frequently Asked Questions

Q: What is testicular cancer?

A: Testicular cancer is a disease in which cells in one or both testicles become malignant (cancerous)

Q: How common is testicular cancer?

A: Testicular cancer is one of the most common cancers in males between the ages of 15 - 49

Q: What are the risk factors for testicular cancer?

- A:
- Babies born with undescended testicles
 - Congenital (born with) abnormalities of a testicle, penis, kidney and inguinal hernias (hernia in groin area)
 - A family history of testicular cancer
 - Using marijuana (dagga or cannabis)

NB: Having a vasectomy does not increase your risk

Q: Is early diagnosis important?

A: Yes. If diagnosed early, testicular cancer can be treated effectively

Q: What are the symptoms of testicular cancer?

A: The symptoms described below can indicate testicular cancer, but can also be caused by other conditions. It is important to consult a doctor to determine the cause of any of these symptoms:

- A painless swelling or lump in one or both testicles
- Pain in, or feeling of heaviness in a testicle
- An ache in the lower abdomen, back or groin

Q: How is testicular cancer treated?

A: Surgery (removal of testicle), radiation and chemotherapy - the exact treatment depends on the type of testicular cancer and how advanced it is

NB: Remember that the loss of a testicle does not affect a man's ability to have an erection or father children - an artificial testicle can be put into the scrotum to restore normal appearance

CANSA encourages men to spend 10 minutes a month to examine their testicles, thereby investing in their own health

For more information and support contact your nearest CANSA Care Centre

#EarlyDetection #LowerCancerRisk



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