



The Conversation Guide

How to talk to your son about testicular self-examination

Mum, you've already had the hard conversations with your son. About safety, peer pressure, relationships, growing up...this is just another one. Most boys are never taught to prioritise their health. You can change that. With testicular cancer carrying a 99% survival rate when found early, **this conversation has never mattered more.** Because the best thing you can do for your son is show him that his health matters.

01 Why this conversation matters

Testicular cancer is the most common cancer in men aged 15 to 44. Survival rates reach up to 99% when the cancer is caught early. Most men never get checked **because nobody taught them that their health was worth protecting.** That conversation starts with you.

02 When to have it

Around age 15 is ideal. Just before the risk window opens. But any time is the right time. If he is older and has never been told, start now. There is no wrong moment to give your son information that could protect his life.

03 How to start

You do not need the perfect words. Try: *"I read something I want to share with you. It takes two minutes and it could save your life one day."* Then show him the guide. Let the information do the work.

04 What to tell him

Once a month, after a warm shower, gently examine each testicle. Roll it slowly between thumb and fingers. Feel for any lumps, swelling, or changes. One testicle being slightly larger than the other is normal, **but any new change should be checked by a doctor.**

05 If he finds something

Remind him that most lumps are not cancer. But **all changes deserve a doctor's attention.** Screening services are available at NOC Eros and NOC Swakopmund by appointment. You can go with him.

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survival rate when cancer is caught early

You've read it. Now start the conversation.

Encourage your son to perform a self-examination at least once a month, on the same day each month if possible. Consistency is what makes it effective. Most lumps are not cancer. But all changes should be assessed by a doctor. Early detection gives the best outcomes.

We offer screening services at our Eros and Swakopmund practices.

Book your appointment today:

