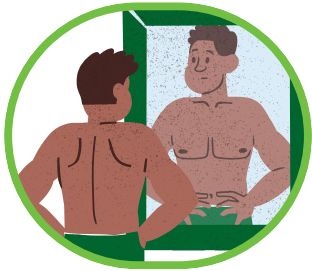


Testicular Self-Examination

Two minutes. Once a month. Could save your life.

Perform your 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. Do not delay, see your GP or visit NOC as soon as possible. Early detection gives the best outcomes.



STEP 1 Stand and check

Stand in front of a mirror if possible. Check for any visible swelling on the skin of your scrotum before you begin. The best time is during or after a warm shower or bath. The warmth relaxes the skin, making it easier to feel any changes.



STEP 2 Examine each testicle

Using both hands, place your index and middle fingers under each testicle with your thumbs on top. Gently roll the testicle between your thumbs and fingers. You should not feel any pain. Do not be alarmed if your testicles are slightly different in size, this is normal.



STEP 3 Feel for changes

Check for any hard lumps, smooth rounded bumps, or areas that feel different from last month. Cancerous lumps are usually on the sides or front of the testicle and feel firm. One testicle being slightly larger than the other is normal.



STEP 4 Not everything is a lump

The epididymis is a soft, comma-shaped tube at the back of each testicle. It is a normal part of your anatomy. Do not mistake it for an abnormal lump. Cancerous lumps feel firm and are usually on the front or sides.

SYMPTOMS TO WATCH FOR

- A new lump on a testicle
- Enlargement of a testicle
- Feeling of heaviness in the scrotum
- Dull ache in the lower abdomen or groin
- Sudden collection of fluid in the scrotum
- Pain or discomfort in a testicle

BOOK A SCREENING

Our General Practitioners provide accessible cancer screening and risk assessments at our Windhoek and Swakopmund practices. No referral needed for most services.

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