Have you checked your balls lately?

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!

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
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

CANSAP 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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