

January has turned into “MANuary”; a month dedicated to raising awareness of testicular cancer in Canadian men. Testicular cancer is the most common cancer among males between the ages of 15-29 but when detected and treated early, it is one of the most curable forms of cancer. Getting to know your testicles is one of your best defenses against testicular cancer.

How to Check 'em

- So when is it okay to handle your testicles and not offend someone? In front of a mirror right after a hot shower. This is when your scrotum will be most relaxed letting you feel your testicles easily.
- Look for swelling on your scrotum; one testicle may hang lower than the other.
- Roll each testicle between your thumb and forefinger it should feel smooth. Feel for a soft ropelike cord attached to the back of each testicle this is normal.
- You should not have any pain when you check them.

How often do you need to Check 'em

- You should check your testicles at least once a month starting when you are 15 years old, but it's never too late to start.
- By checking them monthly you will notice when they feel different.

When should you have a doctor Check 'em

- You have a painless lump on one of your testicles.
- One of your testicles or scrotum changes in shape, feel, or size like swelling.
- You are experiencing pain or discomfort to a testicle or your scrotum.
- You have a feeling of heaviness or aching in the lower abdomen or scrotum.

Where to go for more information

- [The Canadian Testicular Cancer Association](#)
- [The Canadian Cancer Society – Testicular Cancer](#)



Northwestern
Health Unit

www.nwhu.on.ca