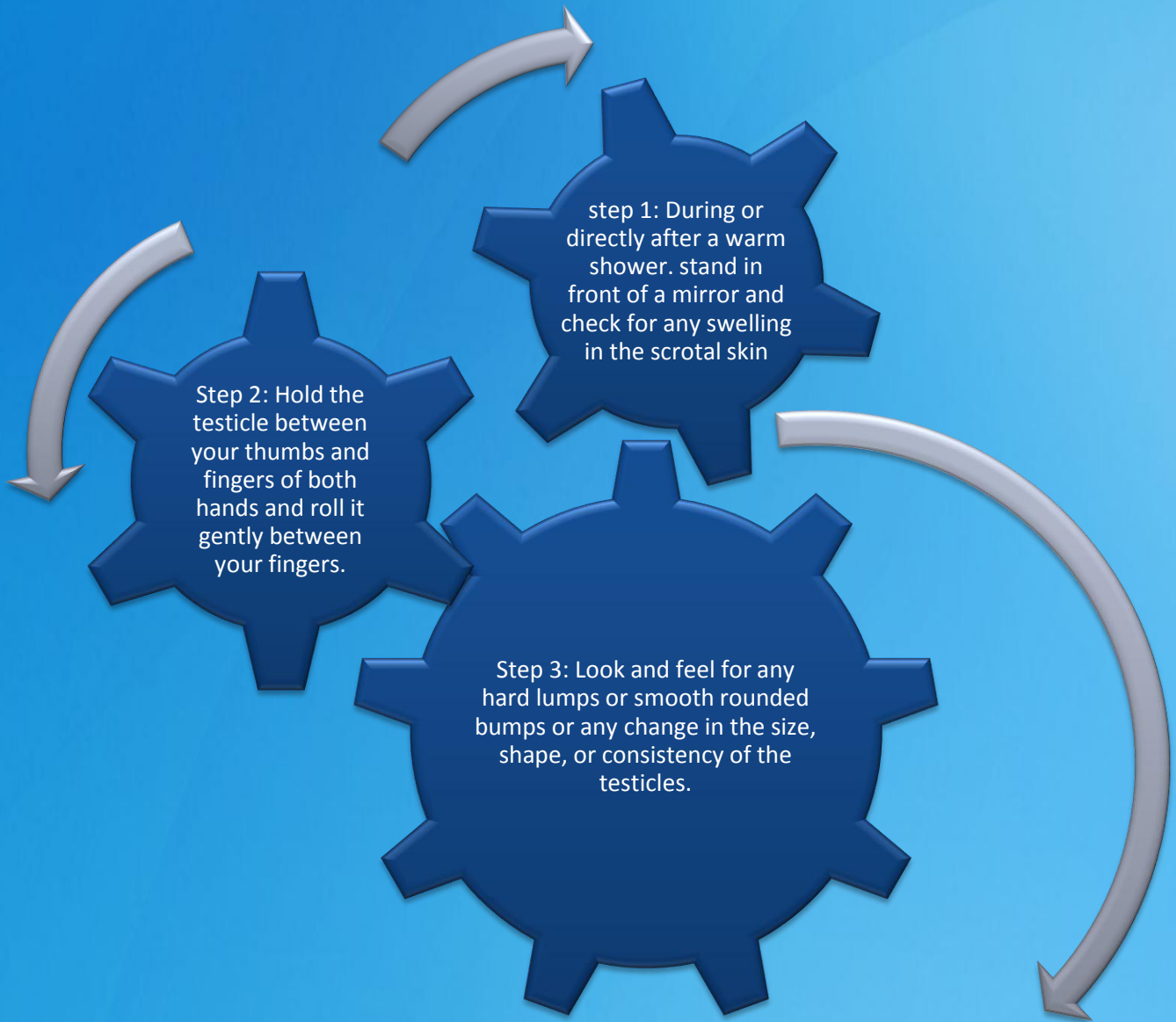


Most testicular cancers are found by men themselves or their partner

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Note!

It is best to do the testicular self exam during or directly after a warm shower, since the warmth relaxes the scrotum thus making the exam easier. Don't be alarmed if one testicle seems slightly larger than the other, it's normal. It is also normal that one testicle hangs lower than the other.

See a Doctor immediately, if you notice any testicular lumps, bumps or irregularities but keep in mind that not all lumps are cancerous, however, only a doctor can make that determination

It is very important to be familiar with what is normal and if you do notice any changes then see a doctor immediately
