

**Mothers and fathers of young men, please teach your sons this test. Testicular cancer is the most common form of cancer in men aged 15 to 35 years. It is quickly increasing in incidence. Monthly self-exams, combined with awareness of the symptoms of testicular cancer, can help men catch this disease at an early--and curable--stage.**

**Symptoms of testicular cancer include:**

- **A small, painless lump in a testicle**
- **A feeling of heaviness in the scrotum**
- **A dull ache in the lower abdomen or groin**
- **A change in the way a testicle feels**
- **A sudden collection of blood or fluid in the scrotum**

**An important part of early detection is a monthly self-exam. The best time to perform a testicular self-exam is after a warm bath or shower, as heat relaxes the scrotum.**

**The National Cancer Institute recommends following these steps every month: Stand in front of a mirror. Look for any changes or swelling on the skin of the scrotum.**

**Examine each testicle with both hands. Place your index and middle fingers under the testicle with the thumbs placed on top. Roll the testicle gently between the thumbs and fingers. Don't be surprised if one testicle seems slightly larger than the other. That's normal.**

**Find the epididymis, the soft, tubelike structure behind the testicle that collects and carries sperm. If you are familiar with this structure, you won't mistake it for a suspicious lump. Cancerous lumps usually are found on the sides of the testicle, but also can appear on the front.**

**If you find a lump, see your doctor right away. Your lump may not be cancerous, but if it is, it may spread if not treated quickly. Remember that testicular cancer is highly curable, especially when it's detected and treated early. In almost all cases, testicular cancer occurs in only one testicle. In those instances, men can maintain full sexual and reproductive function with the other testicle.**

**Should you have questions about your physical, emotional or nutritional health care needs please contact us at LA Sport & Spine, 3461 Sausalito St, Los Alamitos, CA, 562-594-8669**

**This information is for educational purposes and is not meant as diagnosis**