

FIREFIGHTER CANCER INITIATIVE

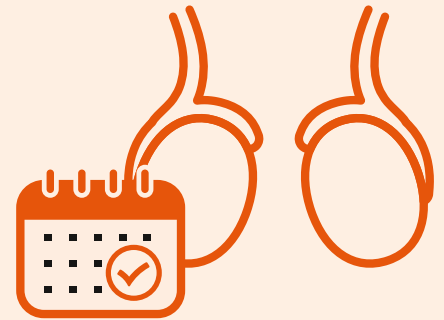
Male firefighters have an increased risk of certain cancers. Among these are testicular cancer.

It is important to perform regular self-examinations of one's testicles in order to notice changes.

Why do self-exams?

Testicular cancer is highly treatable especially if caught early. Most of the time a lump or swelling on the testicle is the first symptom. Most testicular cancers are found by men themselves or their partner, very few are found by a physician.

By doing the monthly testicular self-exams, you become familiar with your testicles, making it easier to notice any changes.



When to check?

Perform **monthly** testicular self-exams.

How to check?



It is best to do the testicular self-exam during or right after a warm shower or bath. The warmth relaxes the scrotum making the exam easier.

- Stand in front of a mirror if possible, to check for any swelling on the scrotal skin.
- Examine each testicle with both hands. Hold testicle between thumbs and middle fingers and roll it gently but firmly between fingers.
- Look and feel for any hard lumps or nodules (smooth rounded masses) or any change in the size, shape, or consistency of your testicles.
- You should not feel any pain when performing the self-exam. Be aware of any dull soreness or heaviness. The testicles should be smooth and firm to the touch.

What is normal?

Don't be alarmed if one testicle seems slightly larger or hangs lower than the other - **that's normal**. Each normal testicle has a small, coiled tube called the epididymis that can feel like a small bump on the upper or middle of its outer side. Testicles also contain blood vessels, supporting tissues, and tubes, which may get confuse these with abnormal lumps at first.

If you have any concerns, ask your doctor.