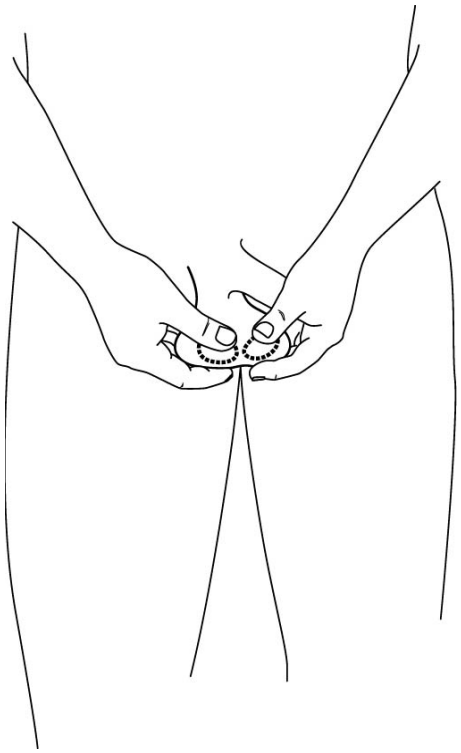
Testicular Self Exam

Men should check their testes each month starting in their teen years. Cancer of the testes can often be cured if found early.

Steps



1. After taking a warm bath or shower, stand in front of a mirror. Look for any swelling of the skin around the testes.
2. Use both hands to feel each testicle. Place your fingers under the each testicle with your thumbs on top.
3. Roll each testicle gently between your thumbs and fingers. Feel for any lumps. You should not feel any pain as you do this. You will feel a soft tube-like structure behind the testicle, which stores and transports sperm.

See your doctor right away if you have:

- A lump
- A testicle that becomes larger or shrinks
- A feeling of heaviness or a large amount of fluid in the skin around the testes
- Pain or aching in the testes, groin or lower abdomen
- Tender or enlarged breasts

Talk to your doctor if you have any questions or concerns about your self exam.

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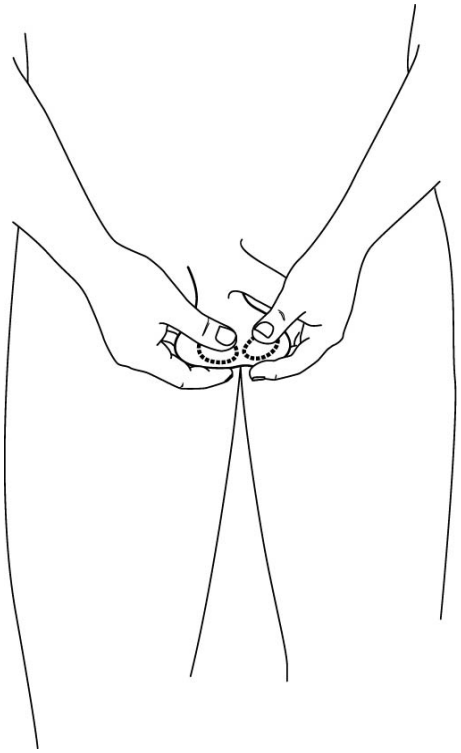
Pagsusuri sa Sariling Bayag

Kailangang suriin ng mga lalaki ang kanilang mga bayag bawat buwan magmula sa kanilang kabataan. Madalas ay nagagamot ang kanser sa bayag kung maaga itong makikita.

Mga Hakbang



1. Pagkatapos maligo ng mainit na tubig, tumayo sa harap ng salamin. Maghanap ng anumang pamamaga ng balat na nakapalibot sa bayag.
2. Gamitin ang dalawang kamay upang kapain ang bawat bayag. Ilagay ang inyong mga daliri sa ilalim ng bawat bayag habang nasa itaas ang inyong hinlalaki.
3. Marahang paikutin ang bawat bayag sa pagitan ng inyong hinlalaki at mga daliri. Kapain kung may anumang mga bukol. Hindi kayo dapat makaramdam ng sakit habang ginagawa ninyo ito. May mararamdaman kayong malambot na istrukturang parang tubo sa likod ng bayag, na naglalaman at naghahatid ng esperma.

Makipagkita kaagad sa inyong doktor kung mayroon kayong**:**

- Bukol
- Bayag na lumalaki o lumiliit
- Pakiramdam ng pamimigat o pagkakaroon ng maraming likido sa balat na nakapalibot sa mga bayag
- Nararamdamang pananakit o pagkirot sa mga bayag, sa singit o ibabang bahagi ng tiyan
- Masakit o lumalaking mga suso

Kausapin ang inyong doktor kung mayroon kayong anumang mga katanungan o alalahanin tungkol sa inyong pagsusuri sa sarili.

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