



The TSE process itself takes only a few minutes and should be done on a monthly basis. The best time to perform TSE is during or after a warm bath or shower when the scrotal sac is warm and relaxed.

1. Check each testicle separately using one or two hands.
2. Roll each testicle between the thumb and forefinger checking that the entire surface is free of lumps (Fig 1).
3. Become familiar with the feel of the epididymis collecting tube, which runs behind the testicle. This is normal and is often mistaken for new growth. Lumps in the epididymis are more common and almost invariably benign (Fig. 2).
4. Men should be encouraged to see their doctor immediately if they find any new lumps

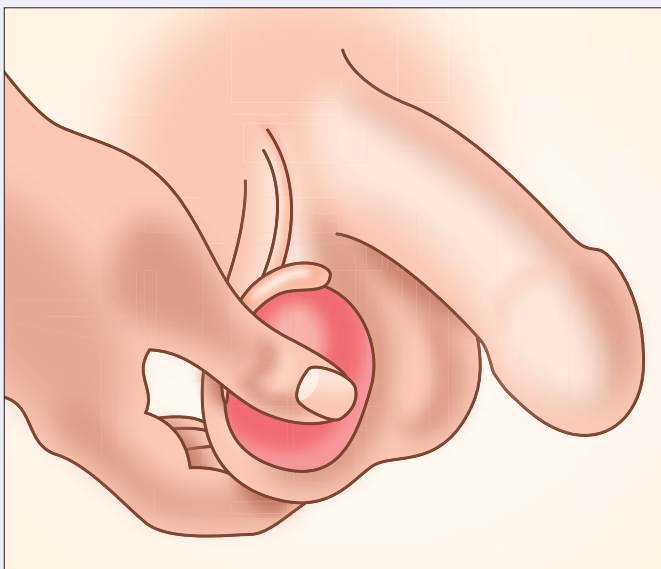


Fig. 1 The entire surface of both testes is felt carefully



Fig. 2 Be aware of the epididymis, the long, narrow tube, behind each testicle that matures and stores sperm