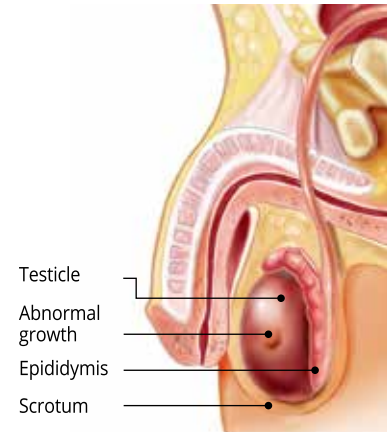


Testicular Self Examination (TSE)

Testicular cancer has several distinct features when compared with other cancers:

- It has an unusual age-distribution, occurring most commonly in young and middle-aged men
- Its incidence is rising, particularly in the Caucasian populations throughout the world, for reasons as yet unknown
- Testicular cancer is curable with early detection and treatment in the majority of cases



Incidence of testicular cancer

Statistics indicated that testicular cancer afflicts mostly young Caucasian males under 45, with almost half of the cases occurring in males between 15 and 35 years old. Due to the mostly Chinese of Asian ethnic profile of the Hong Kong population, testicular cancer is statistically relatively rare. Nonetheless, it is still advisable for men to perform the easy and simple testicular self-examination regularly.

Testicular self examination

Testicular Self Examination (TSE) is a simple examination one can do at home to detect changes in the feel and appearance of the testicles. These can occur during the early stage of testicular cancer.

TSE can help identify testicular cancer at an early stage when it is highly treatable. TSE is an important health routine to adopt, though **not a substitute for a doctor's examination**.

Performing TSE

TSE should be performed regularly, preferably once a month. The examination is best done during or after a warm bath or shower in a standing posture. The heat relaxes the scrotal skin, making it easier to detect anything unusual.

- Gently feel the scrotal sac to locate a testicle.
- Support the scrotum in the palm of the hand to note the size of the testicle. It is common to have one testicle slightly larger or hang lower than the other. But any noticeable increase in size may indicate that something is wrong.

- Examine each testicle with both hands. Gently roll the testicle between the thumb and fingers using both hands. Normally, testicles have a smooth, firm and slightly compressible surface. Check for any lumps, swellings and any changes in the firmness.

The epididymis is a long, coiled tube which stores and transports sperm, and lies along the top and back of the testicle. It can be mistaken as a lump and is most easily identified when performing TSE in a warm bath or shower.

Please see a doctor as soon as possible when there are any of the following warning signs:

- Firm or hard lump of any size, or change in consistency from before, or difference in feel from normal surrounding testis tissue
- Dull ache
- Increase in size or swelling of the testicle or scrotum
- One testicle feels heavier than the other

Early detection

Testicular cancer is almost always curable with early detection and treatment.

Early detection is the key, so do self examination regularly.



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References:

UpToDate health information source and HK
Department of Health

The materials contained here are for general health information only, and are not intended to replace the advice of a doctor. Matilda International Hospital and Matilda Medical Centres will not be liable for any decisions the reader makes based on this material.

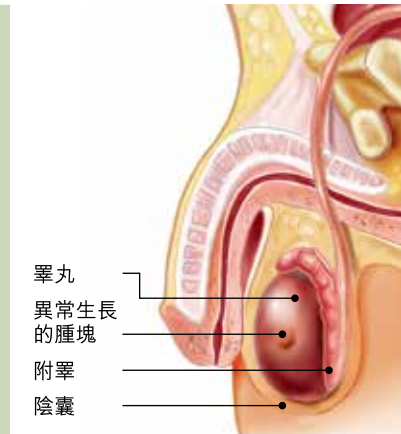
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睪丸的自我檢查方法

睪丸癌和其他癌症有幾項明顯的分別：

- 發病年齡的分佈比較特別，常見於年輕或中年男士
- 其發病率有上升的趨勢，尤其是白種人，但原因未明
- 如及早發現及接受治療，大部分的睪丸癌都可根治



睪丸癌的發病率

數據顯示，患上睪丸癌的人士普遍上較為45歲或以下的白種人。逾半的發病年齡為15至35歲的男士。香港的人口大部份為中國或亞洲裔，因此在香港的發病率較低並是一個較為罕見的癌症。雖則如此，每位成年的男士亦應為健康着想，定期作此簡單容易之自我檢查。

甚麼是自我睪丸檢查？

睪丸的外觀和觸感有變化，有可能是患上睪丸癌的徵兆。自我檢查有助及早發現或處理睪丸癌，及促使醫生作出適當的治療，所以這項定期的檢查十分重要，**但切記自我檢查並不能代替醫生的專業診斷。**

自我睪丸檢查如何進行？

這項檢查必須定期進行（建議每月一次），有助你熟悉自己身體的正常構造。檢查時應站立，最好於洗澡時或洗澡後進行，切記選用溫水，讓陰囊的皮層放鬆，令檢查較容易進行。檢查方法如下：

- 輕捏陰囊，並找出睪丸的位置。
- 將陰囊固定在手心位置，並觀察睪丸的大小。一般來說，兩邊睪丸的大小和垂懸位置或不完全相同。若發現睪丸明顯變大，表示身體有可能出現毛病。
- 用雙手檢查每邊的睪丸，慢慢地用拇指和其他手指柔動睪丸。在正常的情况下，睪丸表面的觸感是平滑、堅實及能輕輕壓緊。此外，留意睪丸有沒有硬塊、腫脹及柔軟度的變化。

附睪是用作儲存及運送精子的管狀器官，管長並分佈睪丸之上及背部。很多時附睪被誤作為異常粒塊，惟於暖沐浴期間會較容易識別。

如發現以下不尋常的徵狀，請儘快接受進一步的檢查：

- 不同大小的硬塊和凸塊、睪丸的外觀有所改變、觸感與睪丸周邊皮膚組織有所不同
- 隱隱作痛
- 睪丸/陰囊變大或腫脹
- 兩邊睪丸重量不一

及早診斷

只要及早診斷及治療，大部分睪丸癌均可醫治。

緊記定期檢測和進行自我睪丸檢查！



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參考資料：

UpToDate 網站及衛生署中文網站

此健康單張所提供的資訊僅供參考之用，並不能取代醫生的專業意見。明德國際醫院及明德醫療中心對讀者在閱讀後所作出的任何決定並不負上任何責任。

掃描以下QR Code，查閱醫院位於市區的醫療中心或診所資料

