ACTIVE LEARNING TEMPLATE: *Basic Concept*

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CONCEPT **Testicular Self-Exam**

Related Content: testicular cancer awareness, early detection strategies, and reproductive health education

Underlying Principles: Testicular cancer is most common in men aged 15 to 34 but is nearly 100% curable if detected early. The ideal time for a self-exam is during or after a warm shower, as the heat relaxes the skin, making it easier to feel for abnormalities.

Hold each testicle gently and use your thumb and first two fingers to inspect and palpate the skin, including underneath the scrotum, checking for lumps, swelling, or soreness.

Normal findings include no lesions, a centrally positioned urethral meatus, pubic hair appropriate for age, pink glans without discharge, and slight asymmetry of the scrotum. Abnormal: Inflammation, lesions, wartlike papules, pubic lice or nits, redness of the glans with discharge, tenderness, scrotal swelling, and nodules or lumps.

Nursing Interventions: The patient should examine the head of the penis, including under the foreskin if uncircumcised, for bumps, sores, blisters, or discharge. Next, inspect the shaft and base, separating pubic hair to check the skin underneath, using a mirror if needed.

Report any unusual findings to a physician immediately. Early detection ensures better outcomes and is always the safest approach.

Educate about self-exams, provide clear instructions, reduce anxiety, encourage check-ups, offer emotional support, and raise awareness of testicular cancer risks.