What are the chances of getting testicular cancer?
Cancer of the testicles is the number one cancer in teenage boys and young men. It can strike at any time after sexual maturity. No one knows what causes this cancer. It is relatively rare but may be increasing slowly. A young man has about a one-in-10,000 chance in any year of developing testicular cancer. The good news is this: **If this cancer is found in its early stages, when it is just a lump in the testicle and has not spread, chances of cure are almost 100%**.

What's the best protection against it?
Finding it early is the best way to protect oneself through self-testicular examination performed on a regular basis. It takes only 30 seconds while you're in the shower and it could save your life.

How do I do this examination?
Here's how to go about it: Roll each testicle between your thumb and first three fingers until you have felt the entire surface. The testicles should feel round and smooth, like hard-boiled eggs.

These are the things you have to be on the lookout for:
- Lumps
- Irregularities
- A change in the size of the testicle
- A dragging or heavy sensation

All of these could be signs of a tumor. If you find any of them, call your doctor at once. Remember, you need to examine only the testicles themselves, not the sperm tubes or blood vessels that are also in the scrotum. Your doctor will be able to show you the difference.

How often do I have to do this exam?
Do it at least once a month. It helps to pick a regular day of the month - the day of your birthday, the first of the month, the first Sunday, or some other day that's easy for you to remember. You can do the exam more often if you like.