



"Providing Quality Healthcare to All"

**BEST MEDICAL CARE, PC**

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**THERE'S NOTHING  
MIGHTIER THAN THE SWORD**

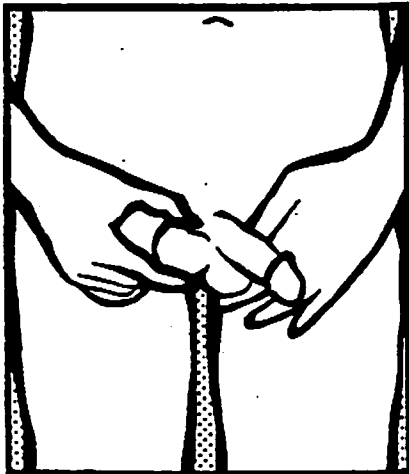
## **FOR MEN ONLY**

### **How to do TSE (a self-exam)**

Cancer of the testicle can be cured  
if you find it early.

#### **Use the shower check.**

1. Check your testicles once a month.
2. Roll each testicle between your thumb and finger, like this:



Feel for hard lumps  
or bumps.

3. If you notice a change or have aches or lumps, tell your doctor right away so something can be done about it.

Testicular cancer can  
be cured.

You should also know that prostate cancer is the most common cancer in men. Men over age 50 should have an annual health check-up that includes a prostate examination.

**FOR MORE INFORMATION CALL THE AMERICAN CANCER SOCIETY TOLL FREE: 1-800-ACS-2345**