Objective
Students will
• State importance of self-examination for early detection of abnormalities
• Do self-examinations privately

Concepts
1. Self-examination of testes or breasts is a healthy practice for prevention of disease.
2. Early detection of testicular cancer can be accomplished with a simple three-minute monthly self-examination. After a warm bath or shower is the best time for an exam, when the scrotum is relaxed.
   A. Exam: Roll each testicle between thumb and fingers of both hands. If any hard lumps or nodules are detected, see a doctor promptly. Not all lumps are cancerous, only a doctor could determine further information with a thorough physical exam and possible x-ray.
   B. Symptoms: enlargement of one of the testes, change in consistency, possible dull ache in stomach or groin, sensation of heaviness.
3. Breast cancer is most treatable and curable when the tumor is small. Ninety percent of all breast lumps are discovered by women themselves and ninety percent of the lumps are benign or harmless. These are good reasons why self-examination is an important habit.
   A. Exam: look in the mirror to check for change in size, shape, contour, or a discharge. Begin at the outer edge of the breast, moving with small circles with the flat part of the fingers. Progress in a clock-like manner working toward the center of the breast. Also examine the area between the breasts and armpits.
   B. Repeat the exam lying on the back with the arm raised.

Materials
• American Cancer Society pamphlet on Self Examination-Breast and Testicle

Activities
1. Discuss the American Cancer Society pamphlet (or the above information).
   Emphasize that all abnormalities should be seen by a doctor.