

**Examination  
of  
male genitalia  
and  
female breasts**

## **Examination of the male genitalia & prostate**

- ▶ **Observe the patient standing**
- ▶ **Look for evidence of gynaecomastia**
- ▶ **Assess the general appearance of the testicles and penis**
- ▶ **Undescended testicle?**

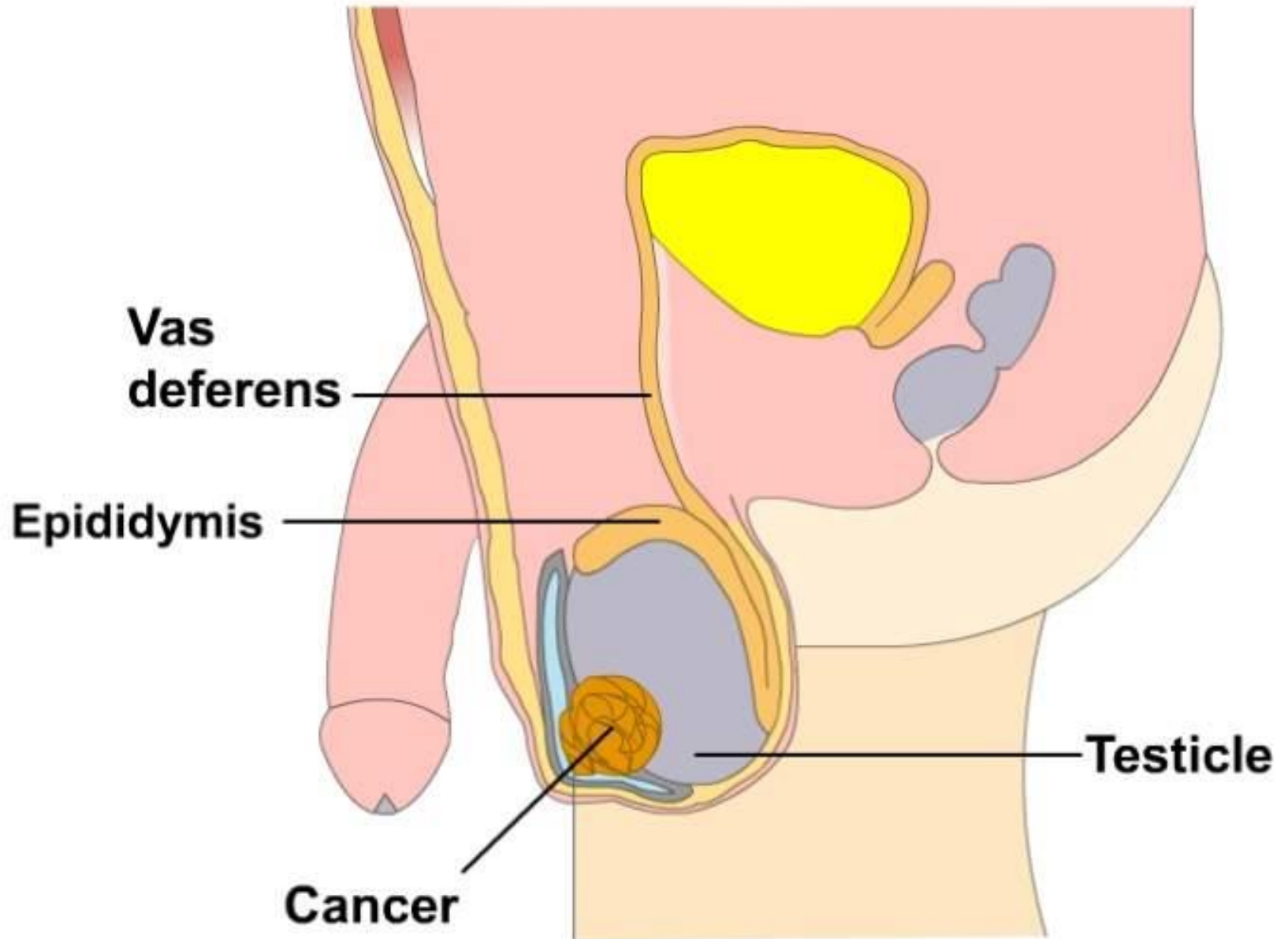
# Gynaecomastia

- ▶ **Liver disease especially cirrhosis**
- ▶ **Thyrotoxicosis**
- ▶ **Adrenal carcinoma**
- ▶ **Congenital adrenal hyperplasia**
- ▶ **Starvation**
- ▶ **Drugs**
- ▶ **Bronchogenic carcinoma**
- ▶ **Increased testicular secretion (ie tumour)**

## **Examination of the testes**

- ▶ **General palpation of the scrotum and testes**
- ▶ **Feel for the epididymes**
- ▶ **Check for any irregularity, swelling or undue tenderness of the testicles**
- ▶ **Tender and diffusely enlarged testes?**
  - ➔ **Orchitis**
  - ➔ **Torsion of the testes**

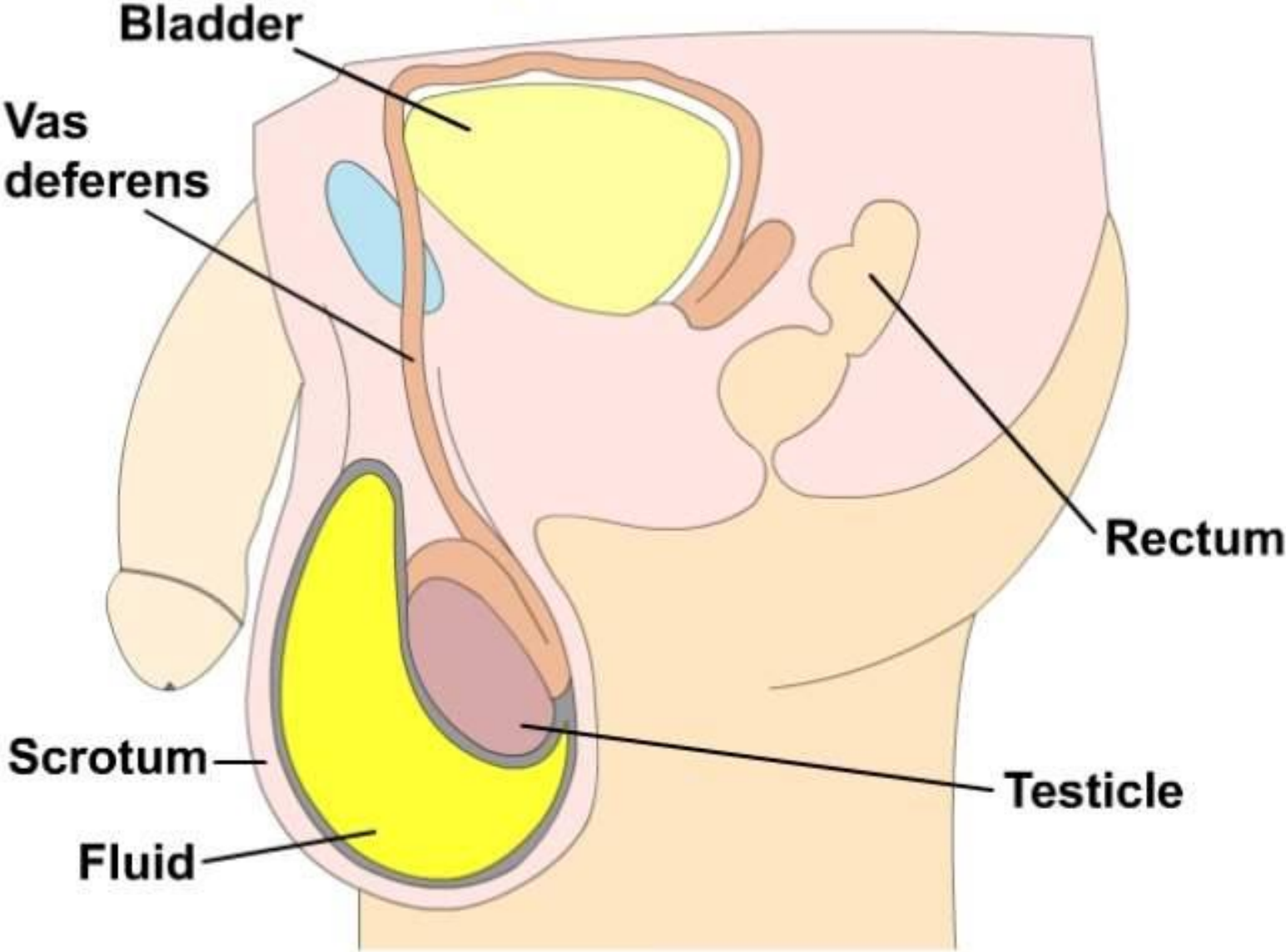
# Testicular cancer



# Hydrocoele

- ▶ **Accumulation of fluid in the Tunica Vaginalis**
- ▶ **Surrounds the testes**
- ▶ **Makes palpation of testes less definable**
- ▶ **Hydrocoele and epididymal cyst will transilluminate**

# Hydrocoele

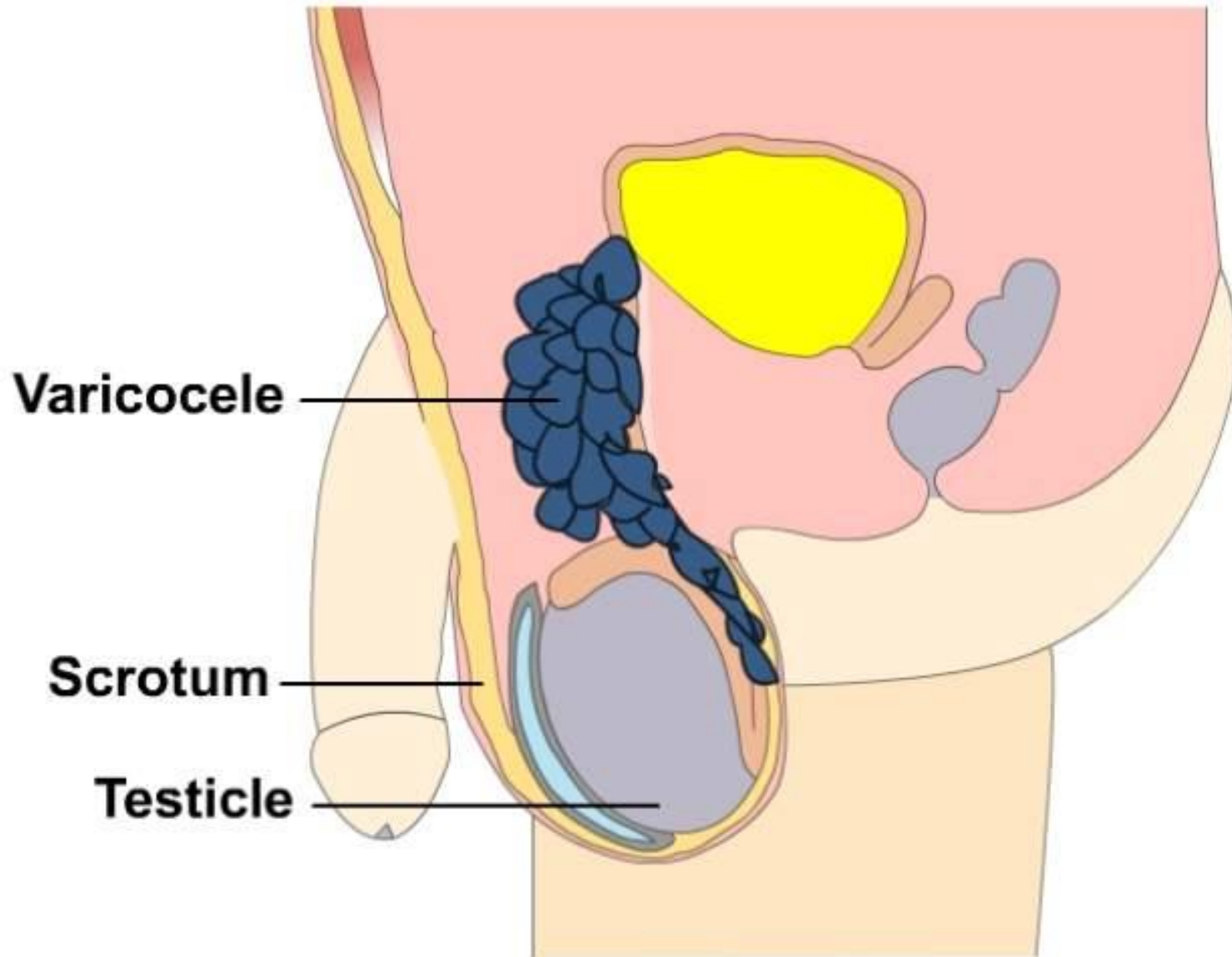


# Varicocoele

- ▶ **Caused by incompetent veins surrounding the spermatic cord**
- ▶ **In the standing position the veins become engorged**
- ▶ **Feels like 'a bag of worms'**



# Varicocele



## **Transillumination of the scrotum**

**To distinguish between a solid or cystic swelling within the scrotum**

- ▶ **Press a narrow beam torch from the back of each testicle**
- ▶ **Cystic swelling will allow the light to penetrate through it**
- ▶ **Solid swelling and a normal testicle will not**

## **Examination of the testes**

 **Painful testes radiating upwards**

 **Tortioned testes**

 **Inflamed or tender glans of the penis**

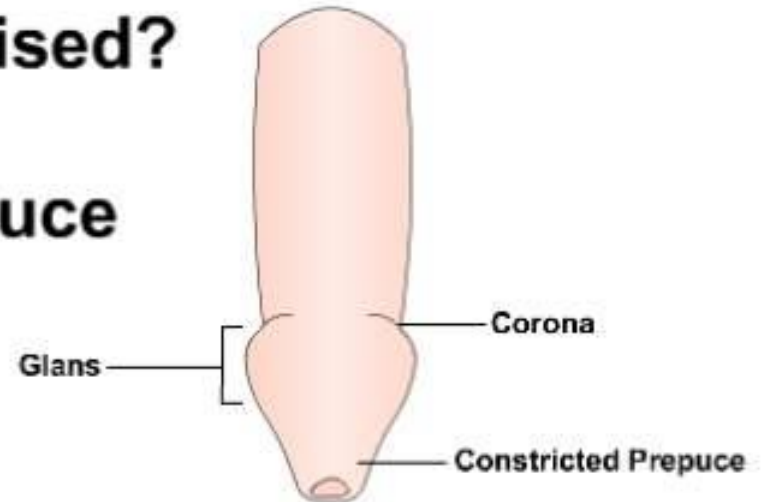
 **Balanitis**

# Examination of the penis

▶ Is the patient circumcised?

▶ Tight foreskin or prepuce

→ Phimosis



▶ Pain with urination?

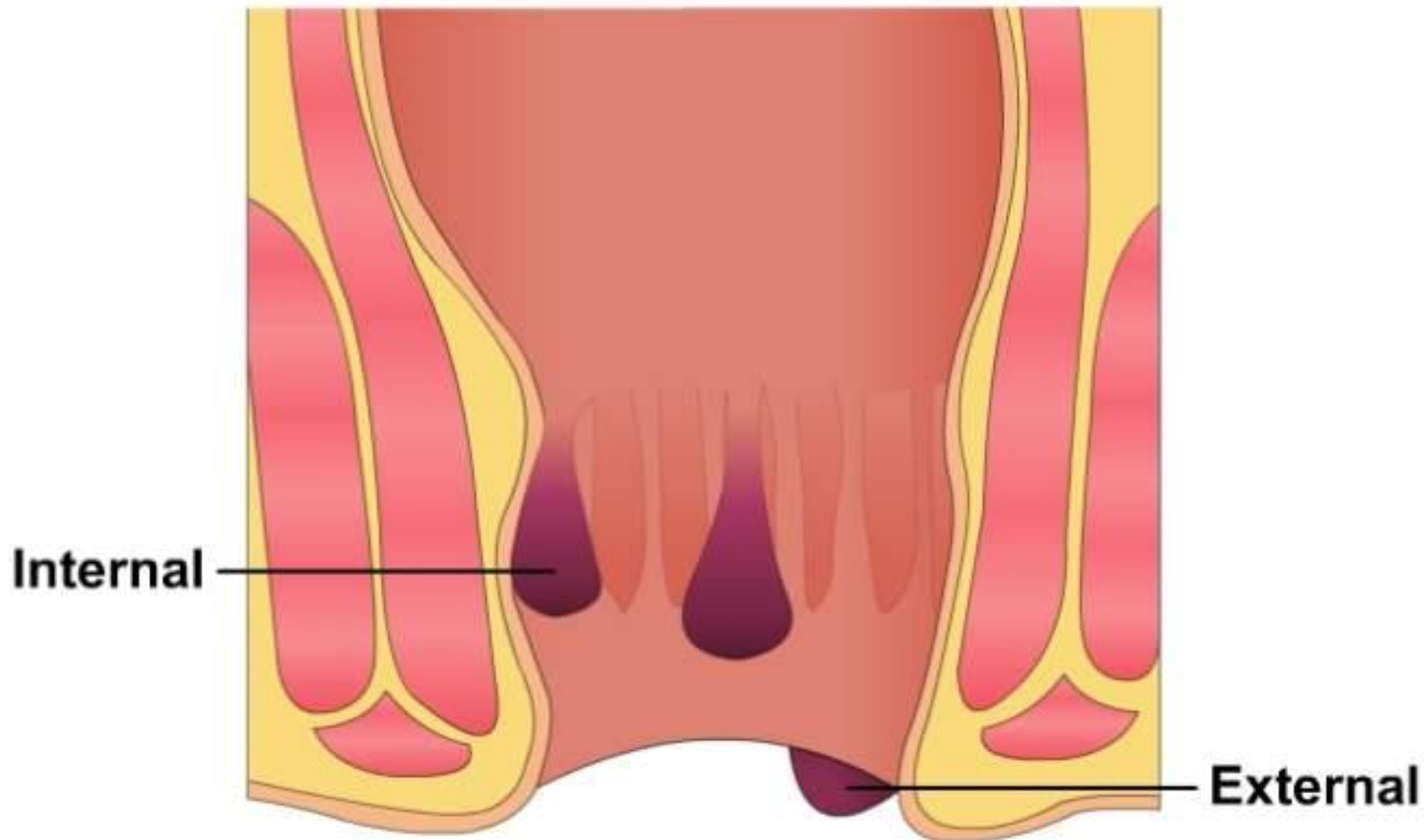
▶ Urethral discharge?

# **Examination of the rectum and prostate**

# Examination of the anus

- ▶ **Inspecting the peri-anal area:**
  - Redness
  - Infection
  - Protruding haemorrhoids
  - Anal fissures and fistulas
  
- ▶ **Thickened, fissured or excoriated skin?**
  - Pruritus ani
  
- ▶ **Venereal warts and herpes**

# Hemorrhoids



## **Examination of anus & rectum**

- ▶ **Note the tone of the anal sphincter**
- ▶ **Next feel for the normal smoothness of the rectal mucosa**
- ▶ **Feel for hard nodules or swelling in the rectal area**
  - Malignancies?



## **Examination of the prostate**

- ▶ **Normally: rubbery, non-tender and uniformly round except for the median sulcus**

### **In benign prostatic hypertrophy?**

- Uniformly enlarged
- Firm but also elastic feel to it
- Median sulcus may be obliterated

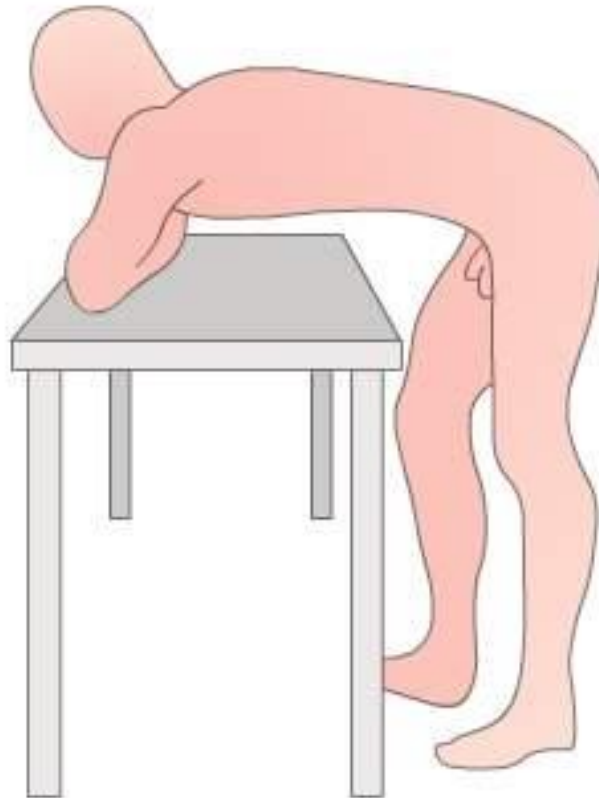
### **Hard or irregular nodules?**

- Prostatic cancer

- ▶ **Take a stool sample from your glove to test for occult bleeding**

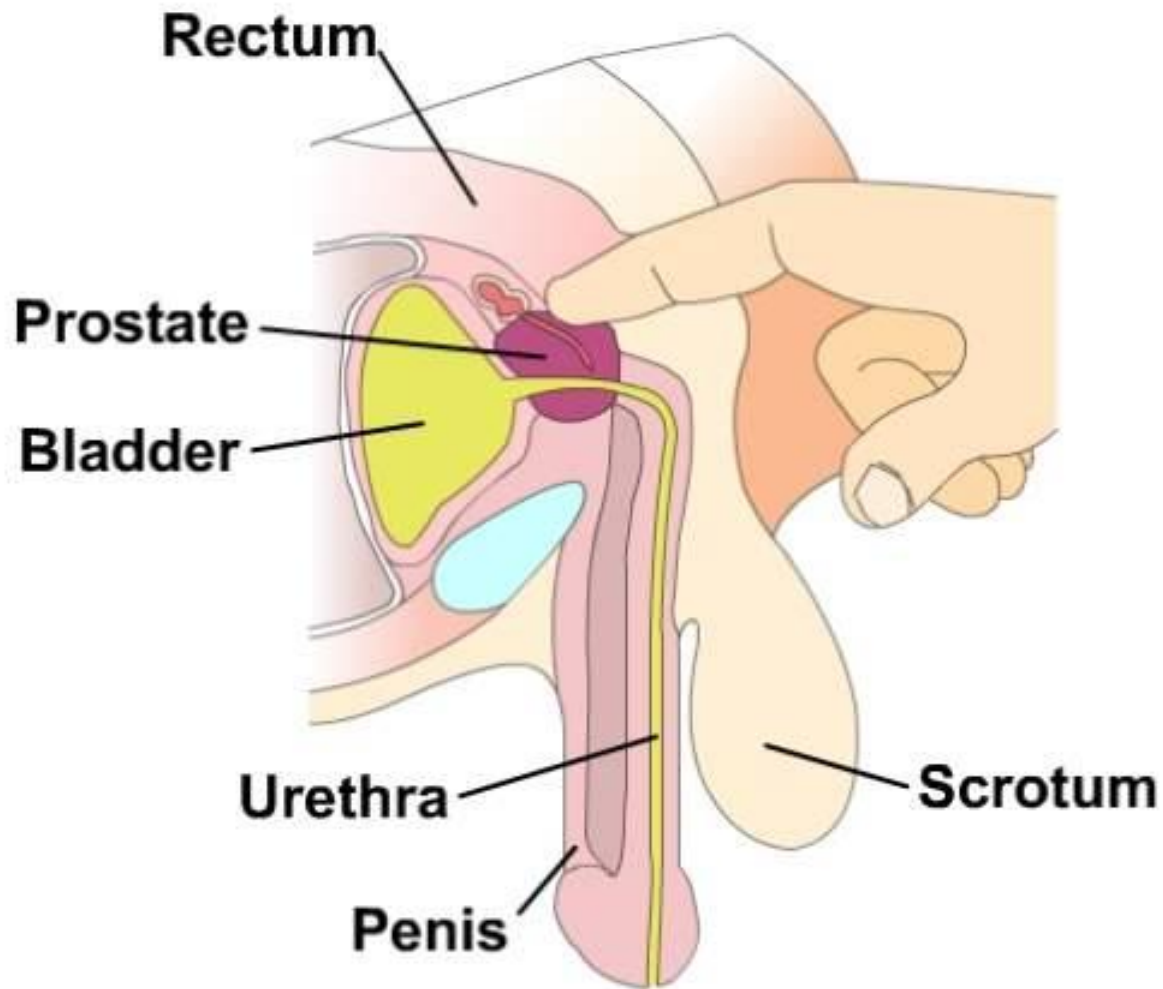
# Prostate examination

The technique of prostatic massage



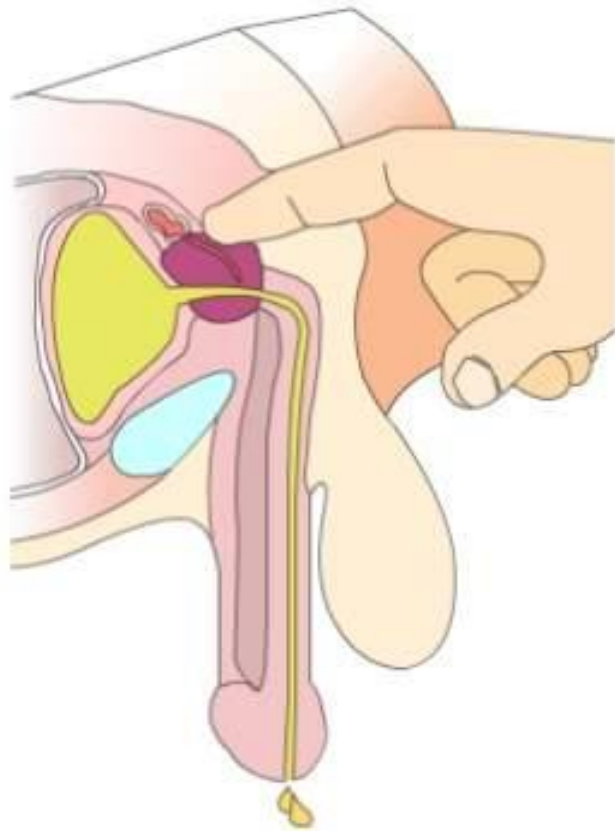
**Patient position**

# Prostate examination



# Prostate examination

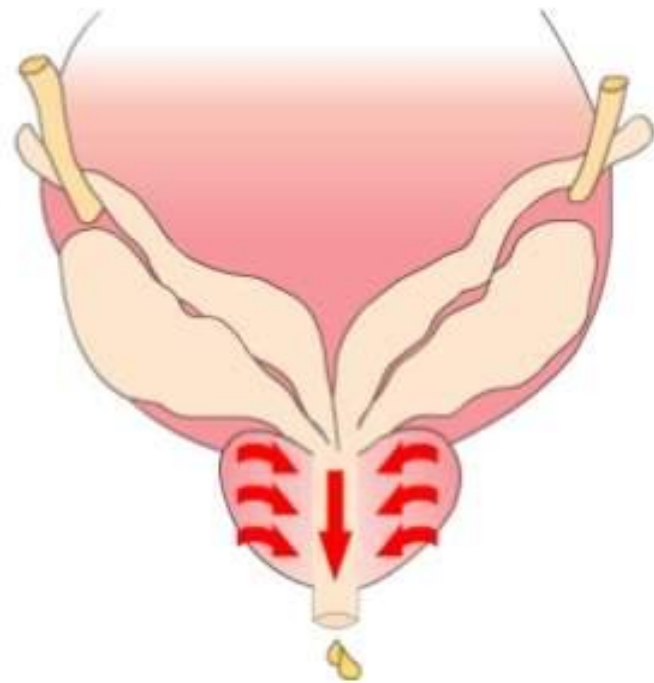
## "massage/milking"



Prostatic  
fluid



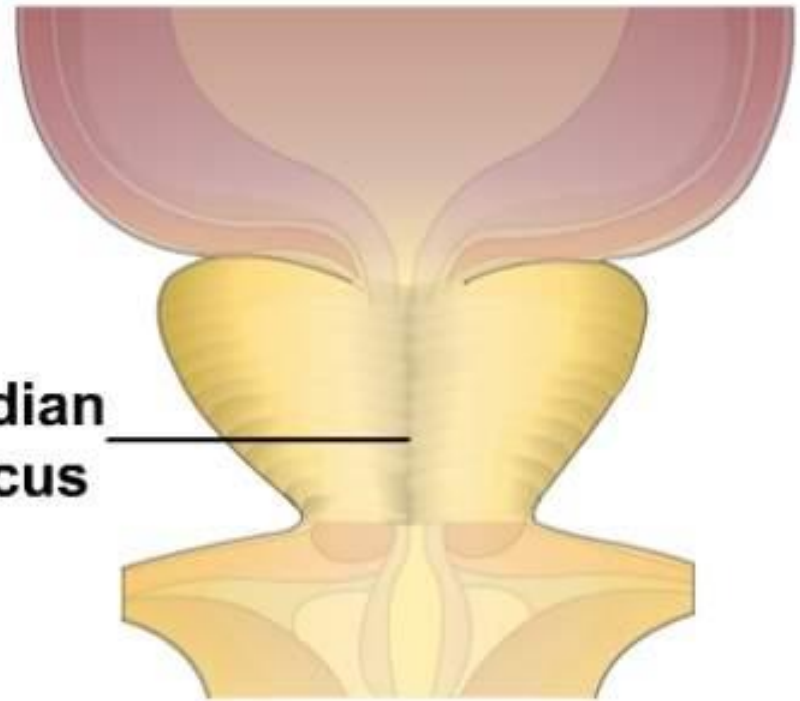
Direction of drainage



# Prostate



**Divided  
(coronal view)**



**Median  
sulcus**

**Complete  
(posterior view)**

# **Examination of the female breasts**

# Examination of the female breasts

## General observation of the breasts:

- **General shape and symmetry**
- **Prominent lump**
- **Retraction of the nipple**
- **Deviation of the nipple**
- **Dimpling of the skin (peau d'orange)**
- **Presence of veins or oedema**
- **Examine the areolae for: Redness, thickening or ulceration**

# Examination of the female breasts

- ▶ **Assess the tissue quality**
- ▶ **Compare the breasts for symmetry**
- ▶ **Lumps or nodules**
- ▶ **Masses?**
  - Fixed to the underlying fascia
  - Mobile
  - Size, consistency, position
  - Tenderness



# **Examination of the lymph nodes**

# Examination of the lymphatic nodes

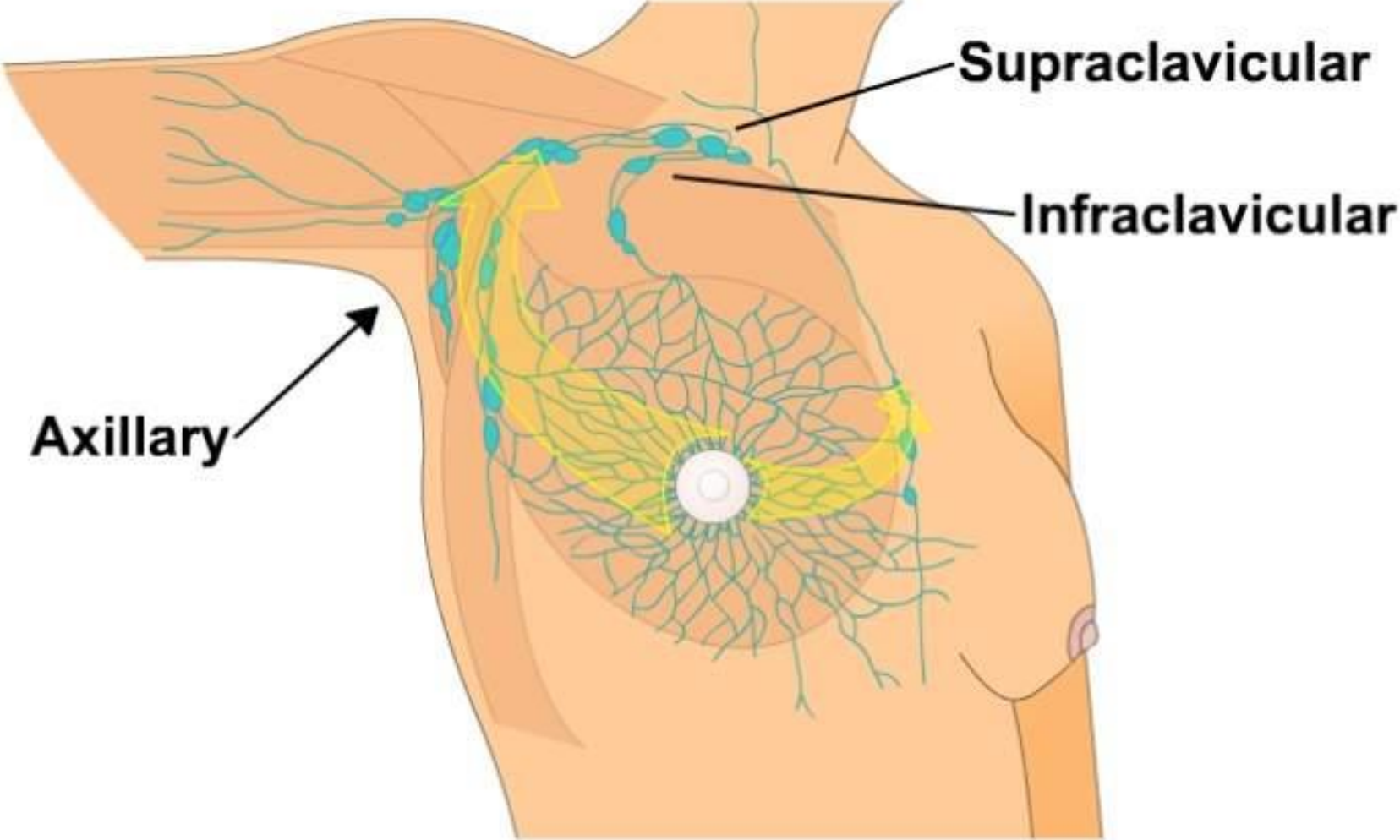
▶ **Axillary**

▶ **Infraclavicular**

▶ **Supraclavicular lymph nodes**

- **Size**
- **Consistency**
- **Tenderness**
- **Mobility**

# Lymphatic drainage



**End**