

# sex talk.

answers to your questions about sex and relationships

## wildfact

There are no classes on Veteran's Day: Friday 11/11/11, a day initiated in 1919 to honor American WWI Veterans. Prior to 1954, the day was called Armistice Day.

### **Q** I have some bumps on my penis. What could they be and what should I do?

A. No one wants funk on their junk. Your bumps could be one of many conditions. Some are harmless and others need attention. Possibilities include: inflamed hair follicles, eczema, psoriasis, sebaceous cysts, herpes, molluscum contagiosum, and genital warts.

Your best move is to be examined by a medical professional. Contact the UA Campus Health Service (CHS) at (520) 621-9202 or a clinic in the community. The experienced providers at CHS see LOTS of genital bumps every week and your medical records are confidential.

Near and dear to the penis, are the testicles.

Pay special attention to any "lumps" under the skin there. To examine yourself, use both hands to hold a testicle between your thumbs and fingers. Roll it gently, feeling for any hard lumps, smooth rounded bumps, or any change in the size, shape, or consistency of the testes.

Be aware that a normal testis includes the epididymis, which feels like a small "bump" on the upper or middle outer side of the testis. Any changes or unusual lumps should be evaluated by a medical provider to rule out testicular cancer, which affects mostly college-aged men, and is highly treatable when detected early.

### **Q** Is it possible to get ingrown hairs on a male's balls and penis? My boyfriend gets little spots on his penis that look like pimples.

A. Ingrown hairs are possible on the shaft of the penis and the scrotum (the sac which covers the testicles), or anywhere there is a hair follicle. Also common are sebaceous cysts, which are caused by a buildup of skin oil/wax (sebum). They are not sexually transmitted and there is no recommended treatment. Topical agents are not

effective in removing them. If the cysts are large, surgical excision may be tried, although the bumps often return, even after treatment.

If the cysts are bothersome, your boyfriend should consider seeing a dermatologist to confirm the diagnosis and to seek further recommendations.

Reference: American Cancer Society, Steve Paul, M.D., UA Campus Health Service



Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)

SexTalk is written by Lee Ann Hamilton, M.A., CHES, David Salafsky, MPH, and Carrie Hardesty, BS, CHES, health educators at The UA Campus Health Service.