



Talking balls

Your guide to checking your testicles every month

Friends^{of}
the
cancer centre

Just follow these simple steps

1. This simple check should be done once a month, after a bath or shower is best.
2. Examine the testicles with both hands. Roll the testicle gently between the thumbs and fingers. Check for any lumps, swelling or heaviness in the testicle. You shouldn't feel any pain when doing the examination.
3. Find the epididymis, the soft, tube-like structure behind the testicle that collects and carries sperm. Then you won't mistake it for a suspicious lump.

**If you find anything you're worried about,
tell your doctor and get it checked out.**

Find out more about the charity at www.friendsofthecancercentre.com