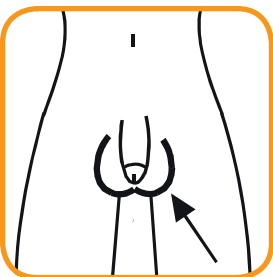


Looking after my testicles



Why is it important?

Checking your testicles or 'balls' can help detect early signs of cancer.

What can I do?

- You should check your balls once a month. It is best to do it standing up.
- Put your hand under your balls so you can feel the weight.
- Carefully roll each one gently between your finger and thumb.
- Check for lumps or changes in size.
- See if they are sore to touch.
- Do this in private and in a place which is warm. This could be in the bathroom after a bath or shower.

What if I am worried?

- If you find something that worries you, see your doctor.
- You could ask for a male doctor if you would prefer.
- If you want you can take a friend or care worker with you.