Testicular Cancer



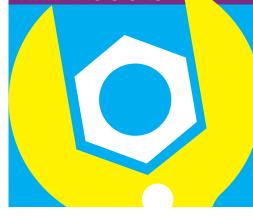






IF YOU HAD AN
UNDESCENDED TESTICLE,
YOUR RISK IS SIGNIFICANTLY
HIGHER AND IF YOUR
FATHER OR BROTHER
SUFFERED FROM THE
DISEASE YOUR RISK IS
ALSO HIGHER

KEEP YOUR EYE ON THE BALL! TESTICULAR CANCER IS EASIER TO TREAT IF CAUGHT EARLY, SO CHECK YOURSELF REGULARLY AND LOOK OUT FOR THE WARNING SIGNS



A SIMPLE, REGULAR SELF-CHECK COULD HELP MEN DETECT EARLY SIGNS

WARNING SIGNS A hard lump on the front or side of a testicle. **Swelling or enlargement** of a testicle. An increase in firmness of a testicle. Pain or discomfort in a testicle or in the scrotum (the sack that holds the testicles). An unusual difference between one testicle and the other. A heavy feeling in the scrotum. A dull ache in the lower

stomach, groin or scrotum.

FROM PUBERTY ONWARDS MEN SHOULD DO A REGULAR SELF-CHECK OF THEIR TESTICLES SO THAT THEY BECOME FAMILIAR WITH THEM

Check your testicles once a month, while in the bath or shower. Cradle your scrotum in both hands using fingers and thumbs to examine and compare your testicles. Small differences in size are normal. Testicles

