



# Know Your Balls!

**T**esticular cancer is the most common cancer affecting men aged 15-45. The sooner it is identified, the easier it is to treat.

A simple self-check every couple of months, is the best way to detect any signs as early treatment reduces the risk of further problems. Get to know your testicles and recognise what is normal for you. Be aware of any dull aching pain or discomfort in a testicle and carry out our suggested checking procedure.

## How to check for lumps?

- It's pretty easy and it's best after a warm bath or shower.
- Support your testicles in the palm of one hand. Notice their size and weight. This will help you detect any changes in the future.
- Find the epididymis, the tube that carries sperm to the penis. This can be felt at the top and back of each testicle and its one lump that is supposed to be there.
- Examine each testicle by rolling it between your fingers and thumb. Press firmly but gently to feel for any lumps, swellings or changes in firmness. These are all important signs to look out for.
- If you ever notice any abnormality, speak to your GP as soon as possible.

## Information and help

Speak to your GP or Practice Nurse

Call in to your local Pharmacist (most are also open Saturday mornings)

Sexual health clinic 01424 447480

Info Shop for 11-25 year olds 01424 447033

Xtra: Young People's Centre 01424 422524

NHS Direct 0845 4647

Sexual Health information for young people [www.ruthinking.co.uk](http://www.ruthinking.co.uk)

Sexual Health information all ages [www.playingsafely.co.uk](http://www.playingsafely.co.uk)

Men's Health Forum [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

Everyman (Institute of Cancer Research) [www.icr.ac.uk/everyman](http://www.icr.ac.uk/everyman)