FIGHTING CANCER TAKES BALLS
How to perform a testicular self-exam

THE STEPS

1. Hold the testicle between your thumbs and fingers of both hands and roll it gently between your fingers.

2. Notice the size, shape and feel of your balls. Normal testicles will feel soft and move freely inside the scrotum.

3. One testicle is often slightly larger than the other.

4. Locate the epididymis, a coiled tube found atop and behind the testes. Check for lumps under the skin of the scrotum.

5. One often hangs lower than the other.

THE FACTS

Testicular cancer is the most common cancer in men between 15–44 years old.

Every hour 6 men will be diagnosed with testicular cancer.

The incidence of testicular cancer has more than doubled in the last 40 years.

Globally, testicular cancer results in 27 deaths every day.

Any lumps or swelling should be reported to your doctor ASAP.

Other testicular cancer warnings include a dull ache in the abdomen or groin.

For complete information, specific provider locations and more details, visit our website www.cacti.org