

FIGHTING CANCER TAKES BALLS

How to perform a testicular self-exam

The best time to do the self-exam is during or after a bath or shower, when the skin of the scrotum is relaxed.

Examine your balls monthly

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 testis. Check for lumps under the skin of the scrotum.

5

One often **hangs lower** than the other.

Any lumps or swelling should be reported to your doctor

ASAP

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

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**