

CHECK YOURSELF



TESTICULAR CANCER CHECK YOURSELF GUIDE

01

USING BOTH HANDS FEEL ONE TESTICLE AT A TIME



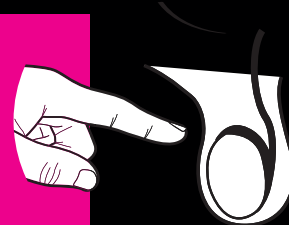
02

BETWEEN YOUR THUMB AND FINGER INSPECT BY ROLLING THE TESTICLE



03

FAMILIARISE YOURSELF WITH THE SPERMATIC CORD AND EPIDIDYMIS TUBE THAT CONNECTS TO THE BACK SIDE OF EACH TESTICLE



04

FEEL FOR LUMPS, BUMPS AND CHANGES IN SIZE, IT IS NORMAL FOR ONE TESTICLE TO BE LARGER THAN THE OTHER



- ▶ THE PROMINENT CANCER IN MEN AGED 15-49.
- ▶ EVERY 4 HOURS A MAN IS DIAGNOSED WITH TESTICULAR CANCER IN THE U.K.
- ▶ OVER 98% OF MEN WITH TESTICULAR CANCER IN THE U.K ARE CURED.
- ▶ AROUND 2,300 U.K MEN ARE DIAGNOSED WITH TESTICULAR CANCER EACH YEAR.
- ▶ TWICE AS MANY BRITISH MEN GET TESTICULAR CANCER AS THEY DID IN THE 1970'S.

FACT REFERENCE - CANCER RESEARCH UK

IF YOU HAVE ANY CONCERNS, PLEASE SPEAK TO A DOCTOR.



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