

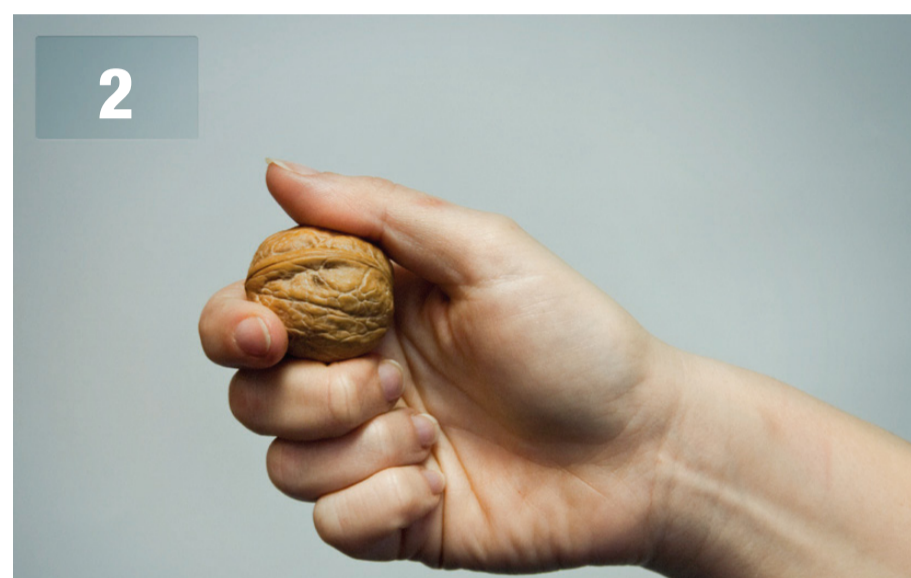


# HOW TO PERFORM A TESTICULAR SELF-EXAMINATION

**Performing a testicular examination is simple, especially if you do it after a hot bath or shower. Regular self-examination will help you become familiar with the normal size and shape of your testicles and make spotting any potential problems much easier. If you notice anything unusual, go and see your GP as soon as you can.**



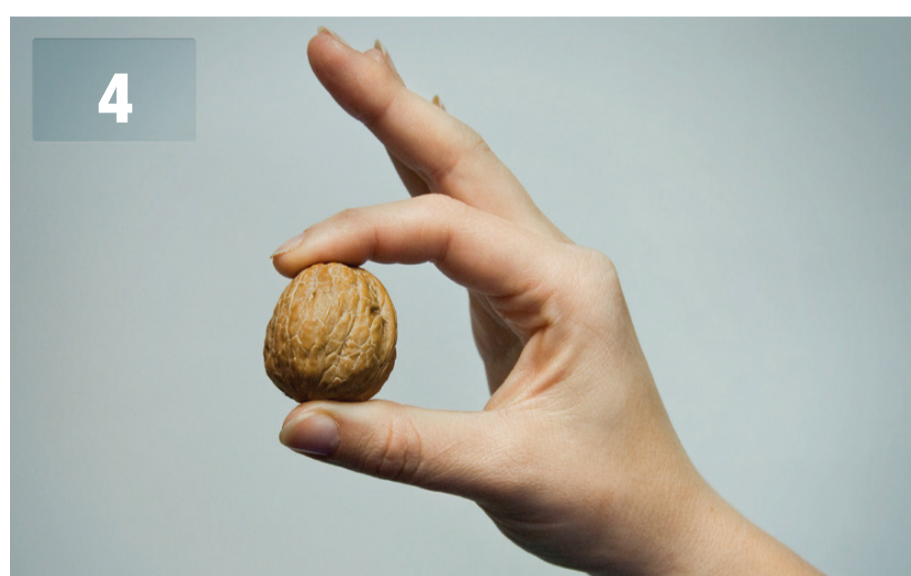
Most lumps found on the testicles are benign but any changes in size, shape or weight should be checked by your GP.



Support the scrotum in the palm of your hand and become familiar with the size and weight of each testicle.



Examine each testicle by rolling it between your fingers and thumb. Gently feel for lumps, swellings, or changes in firmness.



Each testicle has an epididymis at the top which carries sperm to the penis. Don't panic if you feel this - it's normal.

**Testicular cancer is the most common cancer in men aged between 15 and 44. If caught early, it can have a cure rate as high as 99%**

**For more information visit [www.KeepYourEyeOnTheBall.org](http://www.KeepYourEyeOnTheBall.org)**

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