Give Testicular Cancer the Red Card

Keep an eye on your...!

Make it your goal to check your balls once a month when your body is relaxed after a bath or shower.

Epididymis
Ball (testicle)

Put your hand under your balls and feel their weight and size. Do they feel normal, or are they aching, heavy or tender?

Gently roll your balls between your thumb and fingers. Use both hands, feel for any lumps or swellings. They should feel smooth and round with a soft lump attached (epididymis).

Be on the defence, if you have any worries see your doctor

This information can be made available in another format or language on request.
Tel: 283 1124 / 283 1125 / 283 1126