Pocket Full of Facts For Men
The information in this booklet is aimed to encourage you to examine your testicles (balls) on a monthly basis and to promptly seek medical advice should you discover something is wrong.

Cancer of the testicles can develop in males from the age of 15 years onwards therefore you should not feel embarrassed to talk to parents, friends or partners about testicular self examination (TSE) after all it’s your health at stake!

It is important to note that not all abnormalities are cancerous, however almost 100% of all cancers of the testicle can be cured if detected at an early stage, hence the importance of testicular self examination.

If you have any fears go to see your doctor immediately.
Your Monthly Testicular Self Examination Guide

It is best to examine your testicles after a warm bath or shower when the heat relaxes the skin making examination easier.

Using a mirror look for any swelling or change in size, bearing in mind that it is common for one testicle to hang slightly lower than the other.
Next examine each testicle in turn. Using both hands, gently roll the testicle between the thumbs and fingers, you will find a hard ridge on top of the testicle — this is normal. You are checking for any lumps, irregular swellings or change in firmness.
What do you know?
Please tick True or False answers.

1. From the age of 15 years you could develop cancer of the testicles.  
   T. F.

2. Both testicles should hang identically.  
   T. F.

3. All testicular abnormalities are cancerous.  
   T. F.

4. TSE should be practised every month.  
   T. F.

5. Self examination makes sense.  
   T. F.

6. Any fears or worries should be openly discussed  
   T. F.