

TOP TIPS

- ✓ Make sure you check yourself regularly
- ✓ Know what changes to look out for
- ✓ Know what normal is for you
- ✓ Know the warning signs

Great websites...

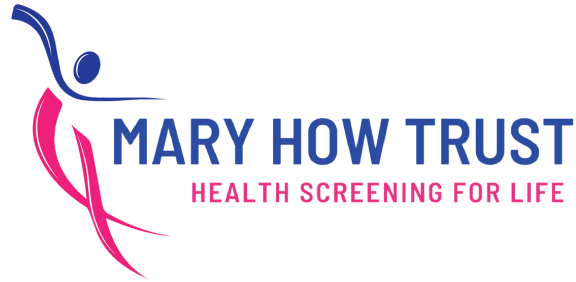
orchid-cancer.org.uk

itsinthebag.org.uk



Things to note:

- Testicular cancer is one of the most common cancers of young men from the age of 15.
- With early detection the cure rate for this cancer is almost 100%.
- An inactive lifestyle may increase the risk of testicular cancer as it may do for other types of cancer and poor health in general.
- Men with an undescended testicle are at a slightly higher risk (this is something that can be easily corrected)
- Not all abnormalities mean there is a serious problem.



Brochure produced by the Mary How Trust

For more than 30 years, the Mary How Trust has been offering life-saving health screenings to men and women over 18 in local community and beyond.

As well as screening for several cancers, we look for the early signs of many other life-threatening illnesses such as heart disease, diabetes and aortic aneurysm. We're here to listen to your health concerns too, and offer lifestyle guidance to help you stay well.

We are entirely donor supported, and instead of charging a fixed fee for our health screenings, we ask for a donation that's based on ability to pay. We encourage clients to give generously for their screening, but never turn anyone away if they're unable to donate the full cost to us.

Our heartfelt wish is to help people stay well through prevention and early detection of serious illness.

Do you or someone you know need a check-up on their health? Request a health screening via our website today.

www.maryhowtrust.org

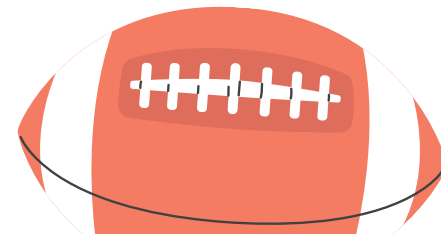
Registered Charity No: 1122393



KEEP AHEAD OF THE GAME

Check your balls

Your guide to testicular examination



WHAT IS T.S.E?

Inspecting your balls is known as a testicular self-examination (T.S.E). It's simple set of checks that could save your life.

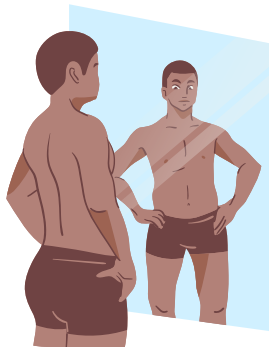
Here is how to check your testicles (balls) for changes and potential warning signs.

Your health is in your hands...



WHAT AM I LOOKING FOR?

- Enlarged or swollen testicle?
- Changes in shape or size?
- Testicle dragging or feeling heavy?
- Discomfort or pain?
- Small, hard lump?
- Fluid build up?
- Dull ache in the groin, lower stomach or scrotum?
- Increased testicle firmness?



HOW DO I CHECK MYSELF?

It's best to check yourself after a warm bath or shower as your skin is relaxed and makes it easier.



Using a mirror can help you to compare your testicles and see any obvious visual changes.

Using both hands, roll each testicle between your thumb and fingers to check for any lumps, bumps or swelling.

HARD LUMPS



CHANGE IN SIZE, SHAPE OR CONSISTENCY



SMOOTH OR ROUNDED BUMPS



Remember!

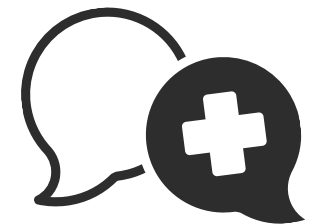
It is common for both testicles to not look alike.



Keep calm and check your balls!

DOCTOR KNOWS BEST

If you find any changes that worry you, talk to your GP. Most lumps are harmless, but early detection is vital as it makes treatment more effective.



Don't let fear or embarrassment stop you from seeking advice from your doctor; they will not treat your concerns as a waste of time.

Early detection will mean simpler and more effective treatment, with fewer side effects.