

Checking your balls (testicles)

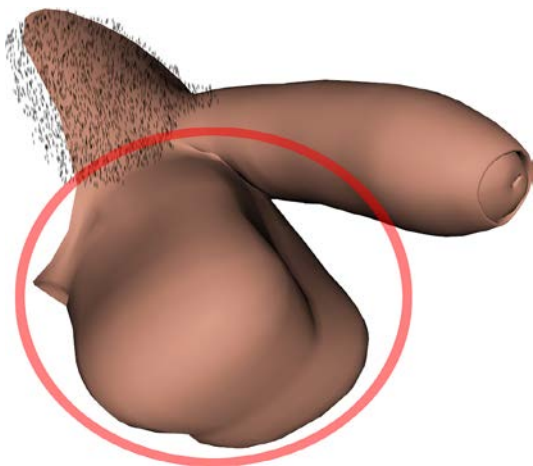


Easy Read Booklet



All men should regularly check their balls (testicles)

Why should you check your balls (testicles)?



It is important to check your balls (testicles) often for any changes.



You may find a lump which could be an early sign of cancer.



Check once a month.

Where do I check my balls (testicles) ?



At home.

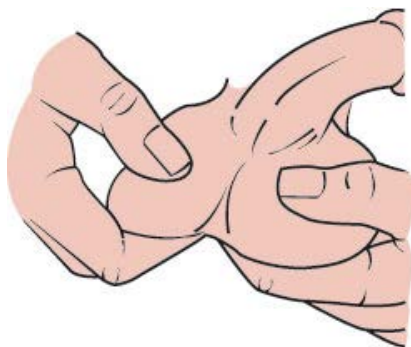


In your bedroom.



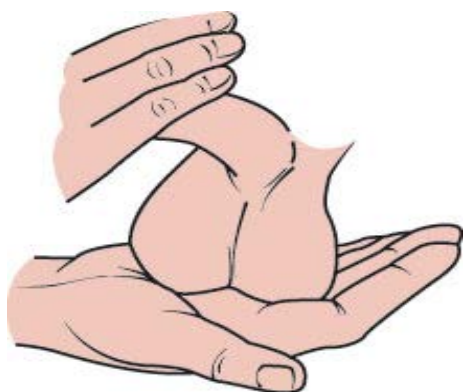
In your bathroom.

How should you check your balls (testicles)



Stand up if you can.

Use your hands to feel your balls (testicles).



Put your hand under your balls (testicles) feel their weight.



Roll each one gently between your thumb and finger.



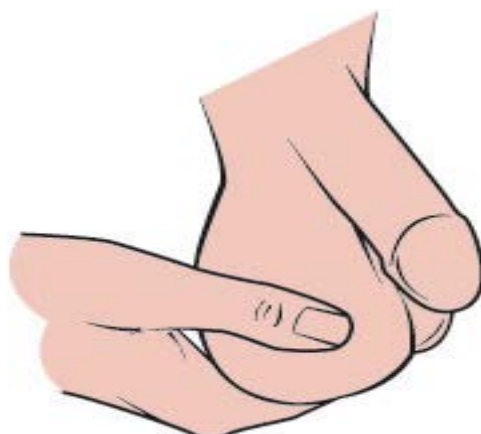
Check for any lumps in your balls.



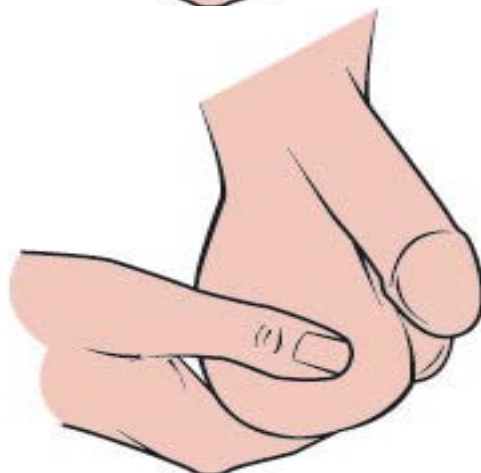
Call your doctor



- If it is painful when you touch your balls (testicles).



- If one ball (testicle) is much bigger than the other.



- If you find any lumps.

Some of the pictures used in this leaflet are Photosymbols.