

RARE, BUT IS AFFECTING
MORE MEN EACH YEAR

MOST COMMON CANCER IN MEN AGED
15-45

A SIMPLE, REGULAR SELF-CHECK COULD HELP
MEN DETECT EARLY SIGNS

WARNING SIGNS

A hard
lump on
the front
or side of a testicle.

Swelling or enlargement
of a testicle. An increase
in firmness of a testicle.

Pain or discomfort in a testicle
or in the scrotum (the sack
that holds the testicles). An
unusual difference between
one testicle and the other. A
heavy feeling in the scrotum.

A dull ache in the lower
stomach, groin or scrotum.

IF YOU HAD AN
UNDESCENDED TESTICLE,
YOUR RISK IS SIGNIFICANTLY
HIGHER AND IF YOUR
FATHER OR BROTHER
SUFFERED FROM THE
DISEASE YOUR RISK IS
ALSO HIGHER

KEEP YOUR EYE ON THE
BALL! TESTICULAR CANCER
IS EASIER TO TREAT IF
CAUGHT EARLY, SO CHECK
YOURSELF REGULARLY
AND LOOK OUT FOR THE
WARNING SIGNS

FROM PUBERTY ONWARDS MEN SHOULD DO
A REGULAR SELF-CHECK OF THEIR TESTICLES
SO THAT THEY BECOME FAMILIAR WITH THEM

Check your testicles once a month, while in the bath
or shower. Cradle your scrotum in both hands using
fingers and thumbs to examine and compare your
testicles. Small differences in size are normal. Testicles
should feel smooth, with
no lumps, swellings or
hardening present.

There is a soft rubbery
tube at the top and
back of both testicles.

This is called the
epididymis. It
carries sperm to
the penis. It can
be tender and it
wobbles. LUMPS
TEND TO BE
FIRMLY FIXED
TO THE TESTICLE.