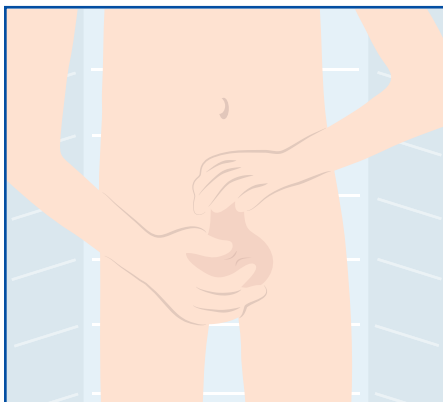
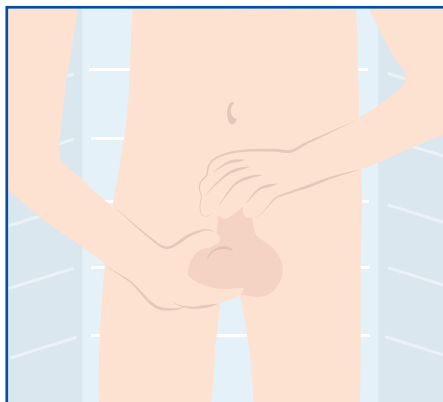


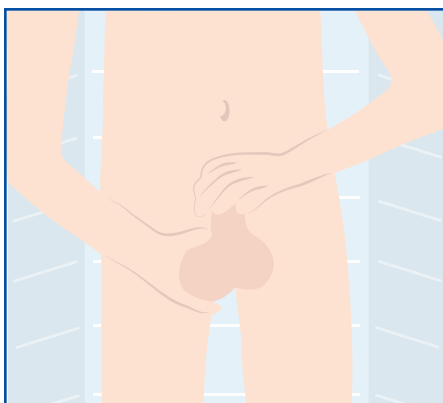
Check your testicles (balls) once a month  
in the shower or bath – in private...



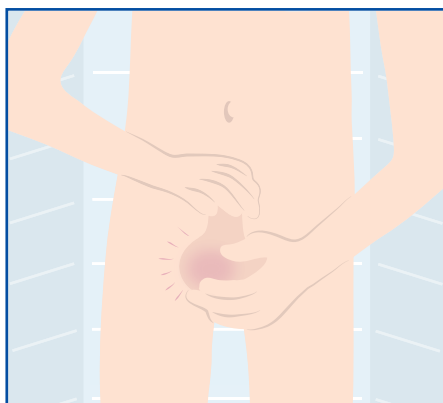
Roll your balls between your fingers.



Check your balls for lumps.



Check your balls for any swelling.



Check your balls to see if they hurt.

If you find anything wrong then tell a parent  
or carer. It's important to see a doctor quickly.



UCARE, PO Box 677, Abingdon, OX14 9LZ  
Tel: 01865 767777  
Email: [ucare@ucare-oxford.org.uk](mailto:ucare@ucare-oxford.org.uk)  
[www.ucare-cancer.org.uk](http://www.ucare-cancer.org.uk)

UCARE (Oxford) is a registered charity number 1120887. © UCARE, 2022 Produced by [www.goodthinkingcommunications.net](http://www.goodthinkingcommunications.net)



**CHECK  
YOUR BALLS**  
*and stay healthy*



Talk about cancer and how to check yourself  
– you never know when it could help you...

1



Sam and his carer Paul talk about the importance of looking after yourself. Paul shows Sam a leaflet about how to examine your testicles (balls).

2



Sam thinks about what Paul said and wants to look after himself. He chooses a time when he is in the shower to examine himself.

3



Sam thought that he had found a lump. He decided to tell Paul about this the next day.

4



Paul had told Sam about what to do if he found a lump. It is important to tell someone like your parent or carer as soon as you can.

5



Paul arranged for Sam to see his doctor. The doctor examined him and checked the lump. The doctor made an appointment for Sam to have some tests at the hospital.

6



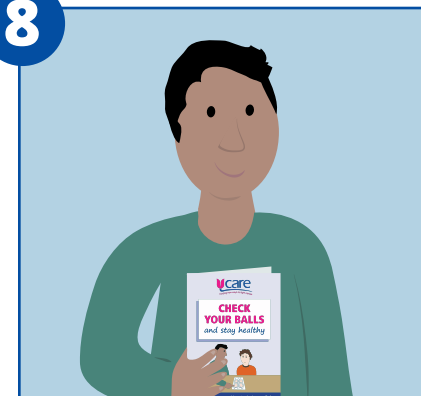
The doctor told Sam not to worry, and that he had done the right thing. It's important to pick up a problem early when it is easy to deal with.

7



Sam was amazed how easy it was to tell someone about something he was worried about. The doctor had seen him quickly and was very nice. Sam's sister Tara was really pleased he did the right thing.

8



Paul was pleased to have been able to help Sam. By sharing the information about how to examine himself, he may have even saved his life.

Turn over to see how to check your balls