

# Check your balls monthly!

## 3 steps which could save your life...

Be aware of what feels normal for you – examine yourself monthly, during or after a warm bath or shower, so that you identify any lumps, bumps or changes in size, consistency or shape.

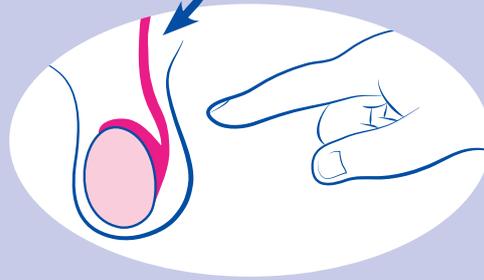
**1**

Feel one testicle at a time using both hands. Stand in front of a mirror to check for any swelling on the skin.



**2**

Place your fingers under the testicle with your thumbs in top. Inspect by firmly and gently rolling the testicle between your thumbs and fingers.



**3**

Make yourself familiar with the epididymis, a soft cord at the back of the testicle, so you don't mistake it for a lump.

Don't be alarmed if one testicle seems slightly larger than the other, or hangs lower than the other – that's normal.

If you notice any changes or are experiencing a dull ache, heaviness or discomfort in your scrotum, visit your GP. Early diagnosis can lead to successful treatment.