check 1 two

check your balls every month



 Check your testicles every first of the month or once a month



A hard lump, usually the size of a pea, on the testicle



 Slight enlargement of a testicle

* A change in the consistency of a testicle



A sore on the tip of the penis that irritates or won't heal.

A pain, swelling or * discomfort in the testicles or scrotum



* A dull ache in the groin or lower abdomen

GET TO KNOW WHAT'S NORMAL.

IF YOU FIND ANYTHING ABNORMAL, SEE YOUR DOCTOR AND INSIST ON AN ULTRASOUND.



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