

EXAMINE YOUR TESTICLES EVERY MONTH

Testicular Cancer is the most common cancer in men under 35.

Almost all cases can be cured if treated early

WARNING SIGNS INCLUDE:

- A hard lump about the size of a pea
- Slight enlargement of a testicle
- A pain, swelling or discomfort in the testicles or a scrotum
- A dull ache in the groin or lower abdomen
- A heavy feeling in the testicles
- Change in the consistency or texture of a testicle
- A sore on the tip of the penis that irritates or won't heal

KEEP AN EYE OUT FOR OTHER SIGNS:

- A persistant cough
- Stomach and bowel problems
- Difficulty passing urine, or blood in the urine
- An odd mole, spot or lump

SELF EXAMINATION IS SIMPLE

It only takes a few minutes to examine your testicles



- Know what your testicles feel like normally (smooth, firm and approximately the same size)

- Gently roll each testicle between the thumb and fingers of both hands



- Feel for a lump on the front or the side of the testicle

Note: Don't confuse the Epididymis (a cordlike structure on the top and back of the testicle) with an abnormal lump

**IF YOU ARE CONCERNED BY ANY SIGNS OR SYMPTOMS,
SEE YOUR GP OR GET TO A SEXUAL HEALTH CLINIC IMMEDIATELY
AND INSIST ON GETTING AN ULTRASOUND**

DELAY IS DEADLY. GET EDUCATED

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#delayisdeadlygeteducated



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