



How To Check Yourself...

- 1** Once a month, after a bath or shower:
**Feel the weight and size of each testicle,
compare one with the other.**

If one suddenly feels heavier than the other, or is increasing in size, go to your GP and get them checked.

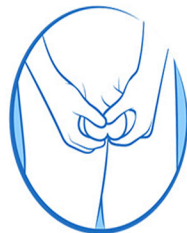


- 2** Next, roll each testicle **GENTLY** between
your fingers and thumb.

They should feel 'bouncy' and smooth like hard boiled eggs, except for the lumpy tube that runs over the top and down the back of each testicle.



- 3** You are feeling for any pea size lumps or
swelling on the surface of the testicle.



- 4** If you find a lump, or swelling, or feel any
discomfort then see you GP immediatly!



Text BALLS to 66777

(or scan the QR Code)

To receive a free* 'Check Yourself'
on the 1st of every month

*From UK networks only. Sign up text cost your network charge.

Reminder messages are fre to receive.

To opt out text BALLSSTOP to 66777