## CHECK YOURSELF



USING BOTH HANDS
FEEL ONE TESTICLE AT A TIME





ROLL EACH TESTICLE
BETWEEN THUMB & FINGERS

02

FAMILIARISE YOURSELF WITH THE SPERMATIC CORD & EPIDIDYMIS





FEEL FOR LUMPS, BUMPS & CHANGES IN SIZE 04

IT IS NORMAL FOR ONE TESTICLE TO BE LARGER THAN THE OTHER. IF YOU HAVE ANY CONCERNS, PLEASE SPEAK TO A DOCTOR.



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