

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

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