

# Check your testicles!

Testicular cancer is the most common cancer in young men aged 15-44.

If caught early, testicular cancer is very treatable and is nearly always curable.



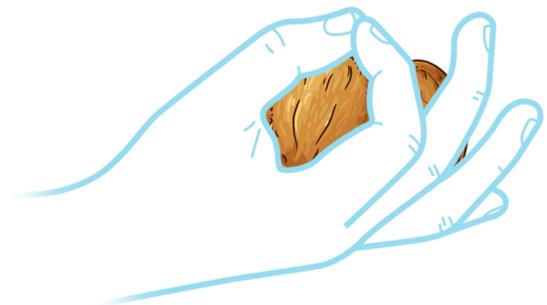
**1** Hold your scrotum.  
Get to know the size, shape  
and weight of each testicle.



**2** Examine each testicle by  
rolling it between your  
fingers and thumb.



**3** Gently feel each testicle, one at  
a time, for lumps or swellings.  
Check for changes in size,  
shape or weight.



**4** It is normal to feel a soft tube  
at the top and back of the  
testicle. This is the epididymis,  
which collects sperm.

**Find something? See your GP.**

Support Line Freephone 1800 200 700

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