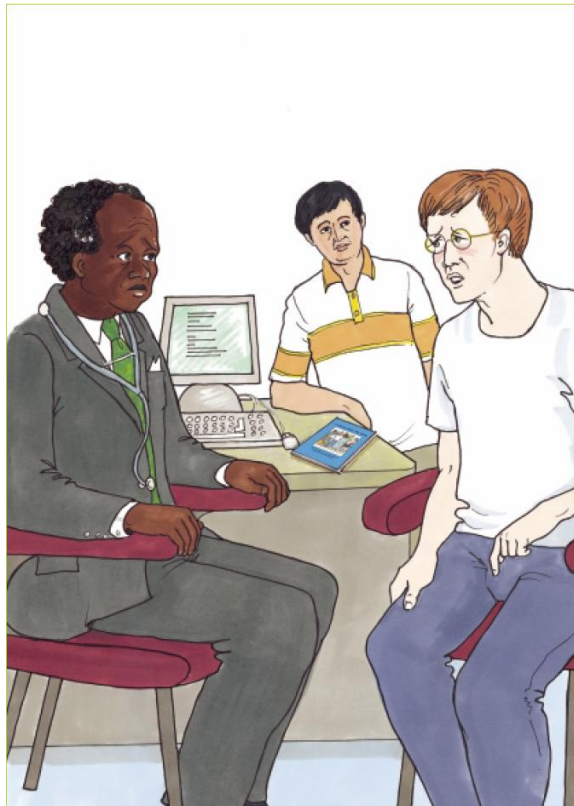
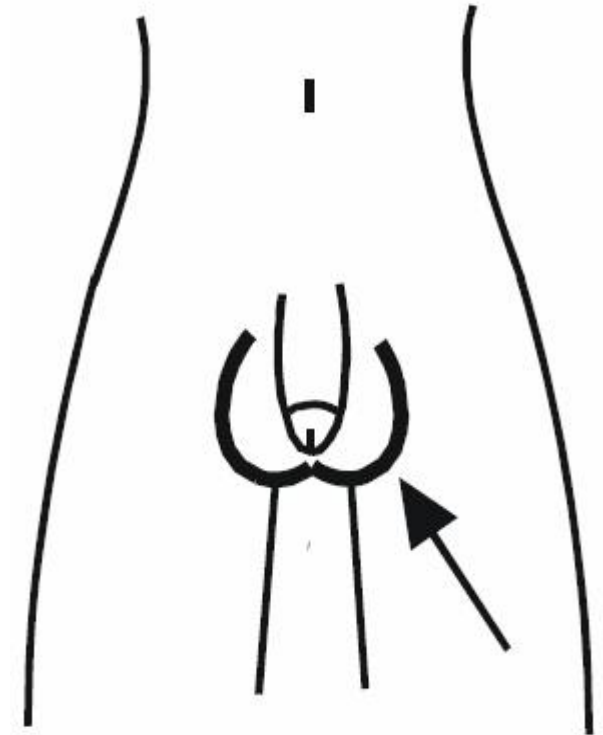


**Don't wait, go  
and see your  
Doctor if you  
notice any  
changes**



## Checking Your Testicles/Balls



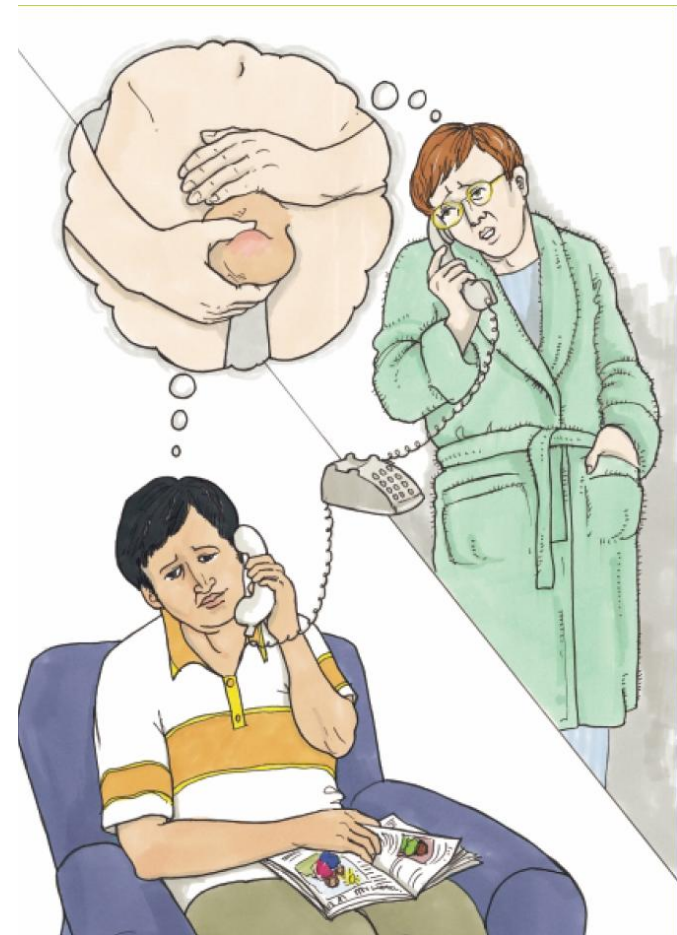
Adapted from FAIR Multimedia Publications

Produced by East Lancs PCT,  
Learning Disability Service

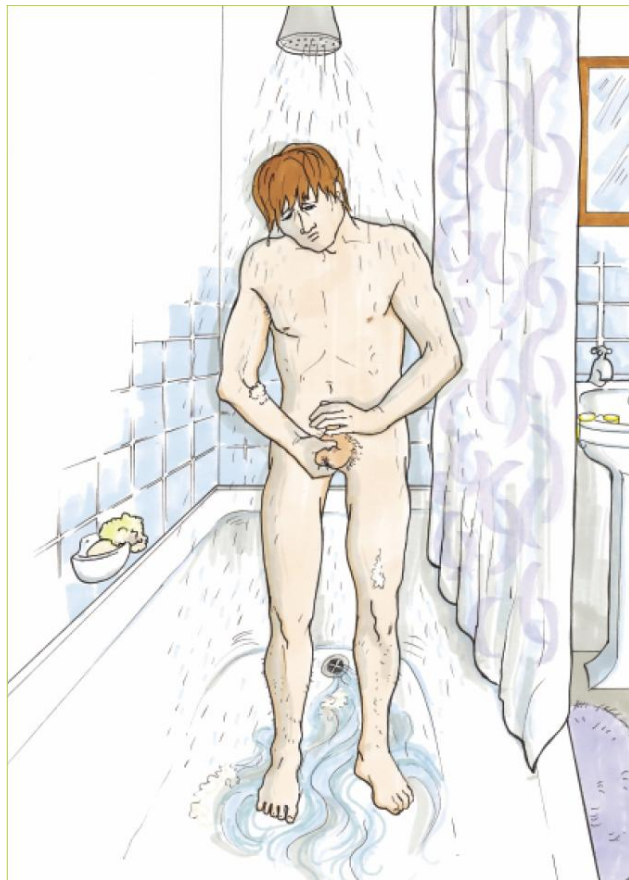
**Checking your testicles/  
balls can help you to  
find any problems early  
enough to get treatment,  
and help you to stay  
healthy.**



**Tell someone  
straight away if  
something is  
wrong**



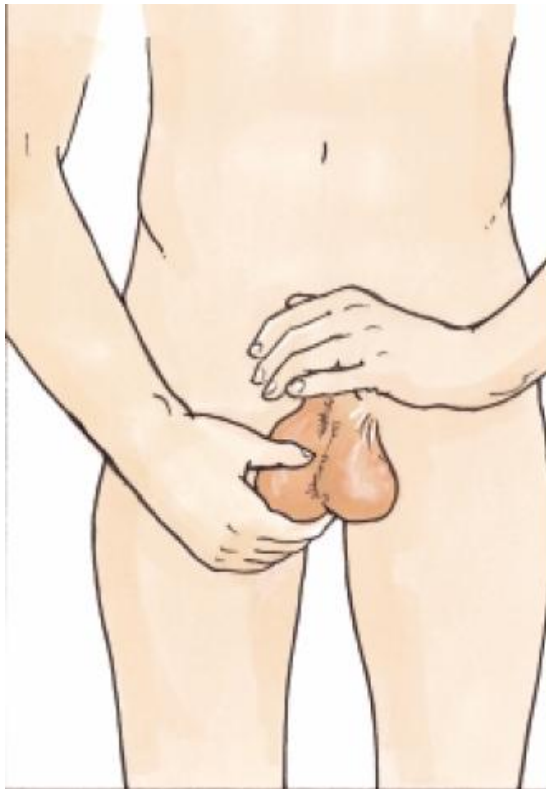
**It is best to check them when you have had a warm shower**



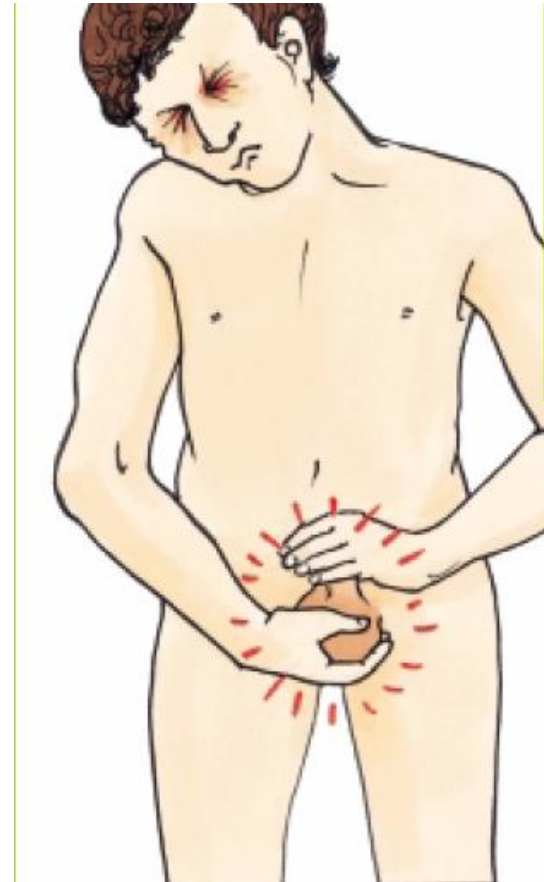
**Check your left testicle (ball)**



**Check your right  
testicle (ball)**



**Check for pain,  
discomfort or  
swelling.**



**Both testicles  
(balls) should be  
similar in size.  
Check for  
Swelling.**



**Check like this**





**Check them once  
a month**



**You need to  
check for lumps  
and changes in  
size and weight.**

