

CHECK YOURSELF FOR TESTICAL CANCER

check

one testicle at a time, using both hands.



roll

your testicle between your thumb and fingers.
Use slight pressure.



familiarize

yourself with the spermatic cord & epididymis tube like structures that connect on the back side of each testicle.



great succes!

repeat once a month.

doesn't feel right?

keep calm and call your doctor.

learn more at www.handsinyourpants.com

