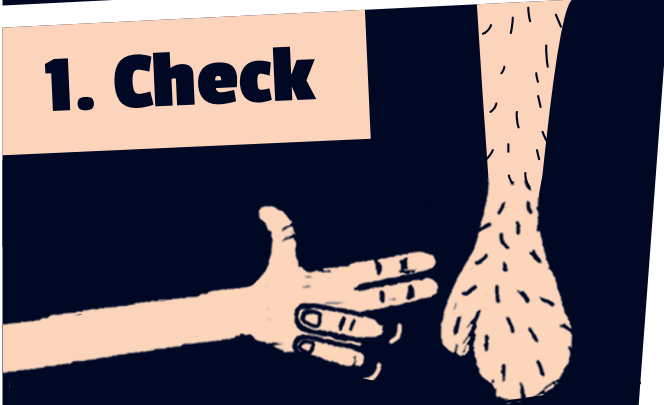


How to check yourself

1. Check



Check one testicle at a time with your thumb-, middle- and indexfinger.

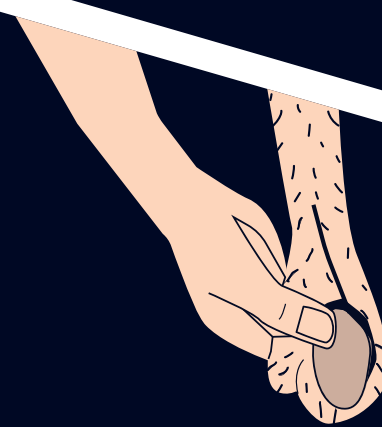
2. Roll



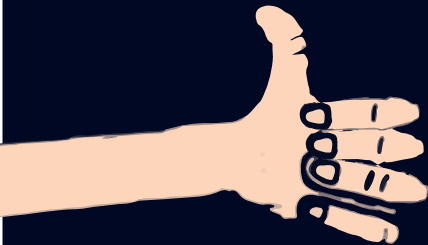
Notice the size, shape and feel of your nuts. They should feel soft and move freely inside the sack. Use slight pressure.

3. Familiarize

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



4.1 Happy



Dont find anything - GREAT!
Follow these steps once a month..

4.2 Doctor time



Found something that doesn't feel right?
Keep calm and call your doctor.

T-shirt



Socks



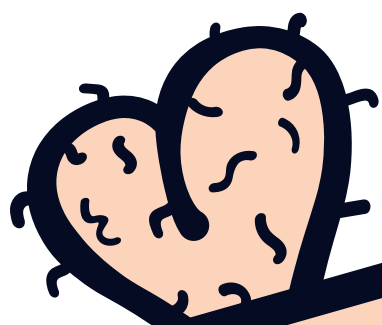
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Klistermærker

GO NUTS!



I 
MY
BALLS



CHECK THEM

