

Getting acquainted with
your equipment could
save your life.



Visit www.ucanhelp.org.uk
or call **01224 559312** to find out more

UCAN helps tackle urological cancers in
the North East of Scotland through education,
treatment, support and research.

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**WHAT A NICE
PAIR OF PLUMS!**

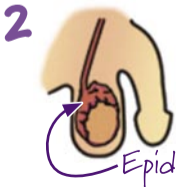


TESTICULAR SELF-EXAMINATION

Check your testicles once a month. Its best to check when your testicles are warm and hanging loosely, and the skin of the scrotum is soft.



Hold the scrotum in the palm of your hand and notice the size and weight of each testicle. Examine each testicle in turn, using both hands, roll the testicle between the fingers and thumbs. The testicles should feel smooth. Look for any lumps, hard areas or swellings. Remember that it is normal to have one testicle hanging lower than the other.



Notice that there is a small lump at the top and back of the testicles – the epididymis, where the sperm is stored - this is NORMAL. Learn to recognise these normal lumps so that you can detect NEW abnormal lumps.

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Abnormal Lump

Check both testicles carefully. Other possible signs include dull ache in the groin or abdomen, heaviness in the scrotum, or pain in the testicle itself.

KEEP YOUR PLUMS RIPE!

Testicular cancer responds particularly well to treatment if caught early, over 9 in 10 patients are cured. Remember that anything unusual in the testicles is not necessarily a sign of cancer. However, visit your G.P straight away about anything that is unusual.