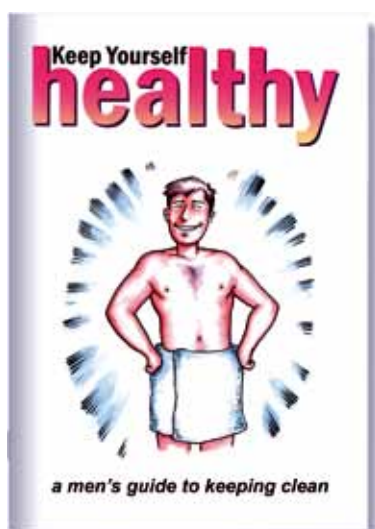
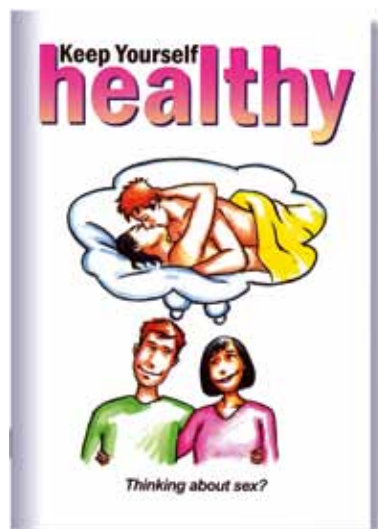
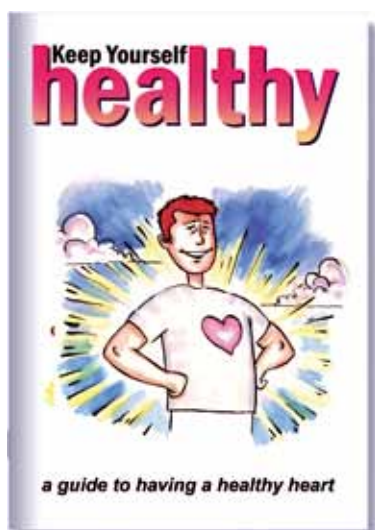
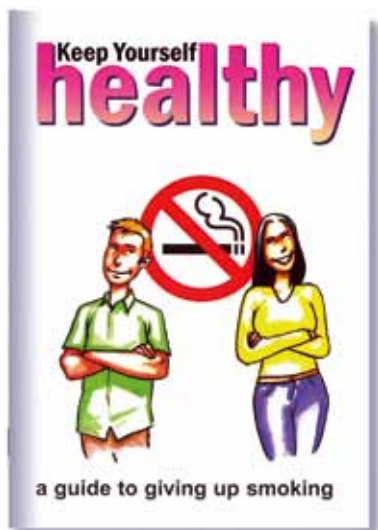


Keep Yourself **healthy**



a guide to examining your testicles

Look out for our other booklets!



You can find details of these and our other booklets at www.fairadvice.org.uk

This booklet will tell you how to check your testicles (or balls) regularly for early signs of cancer.

It is very important to do this, because if you find something early enough there is a very, very good chance that it can be treated.



You will also be given some tips on staying healthy.

Don't forget to check your balls regularly, in places where you can be private, like the bathroom.



Make sure it's warm where you check them...



...or you might have trouble finding them!



It's best to do it standing up...



...and again, make sure it's private!!!

How should you do it?

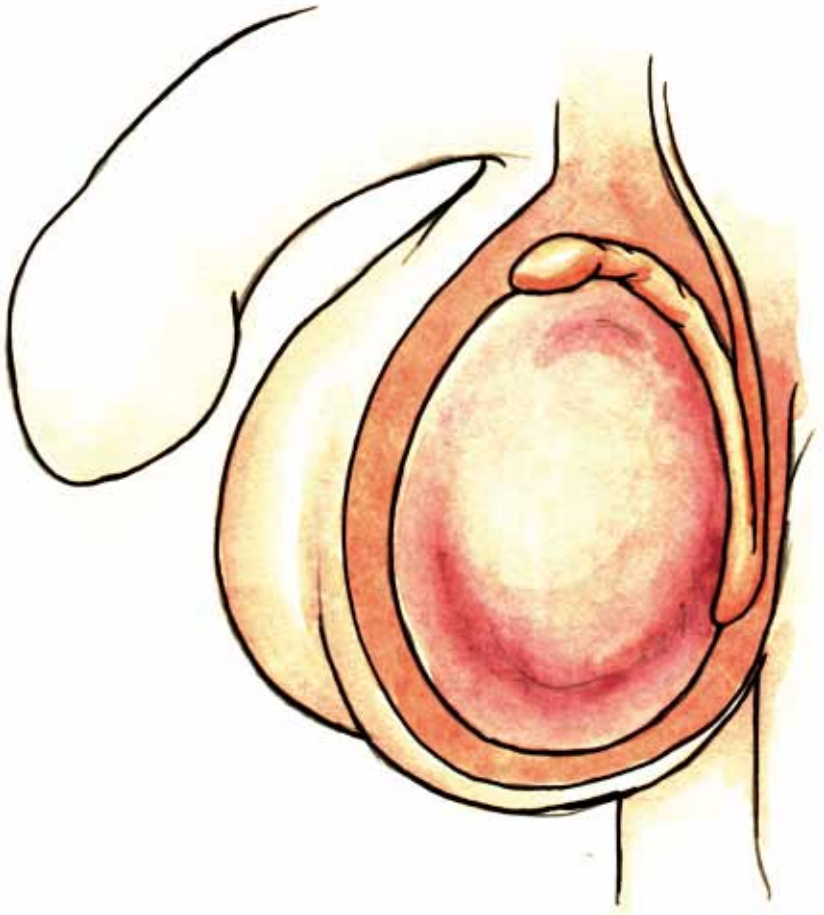


Put your hand under your balls, so you can feel the weight.



Then carefully roll each one gently between your finger and thumb, checking for lumps or changes in size.

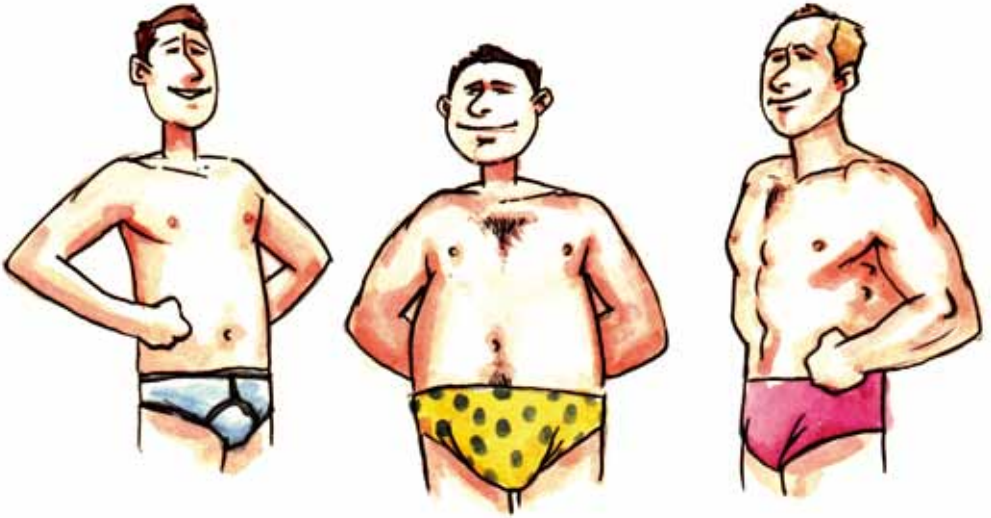
What should they be like?



The picture shows you what it's like inside your balls.

There is a round, smooth ball with a lumpy sausage-shaped tube attached to it.

Everyone is different!



You should have 2 balls and they will be roughly the same size and weight....



...but some guys' hang lower than others and some have bigger ones than others. You'll just have to find out what's normal for YOU.

What sort of things should you look for?

Something could be wrong if...



...one is much bigger than the other, one seems heavier than the other...



...if you find a lump, or it hurts to touch them.

What to do if you find something new that worries you.



You need to tell someone very soon! You can tell your carer, nurse, or key worker, but you'll need to see a doctor very quickly!

Try not to be too shy about it!



We know it's difficult to talk about these things with other people and to show them what's wrong, but if you don't you could die!



If it makes you feel better, you could ask to see a male doctor, or a female one.

Here are some tips on keeping healthy and looking good.



Don't smoke and don't drink too much alcohol.



Don't eat too much.

Try to get some regular exercise.



**Try walking sometimes, instead of going by bus
(if the weather's nice)...**



...or go swimming in the local pool.

Some people you can talk to if you want to know more.

Your community nurse or keyworker will answer any other questions you have.



You can also talk to your family or your doctor.

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