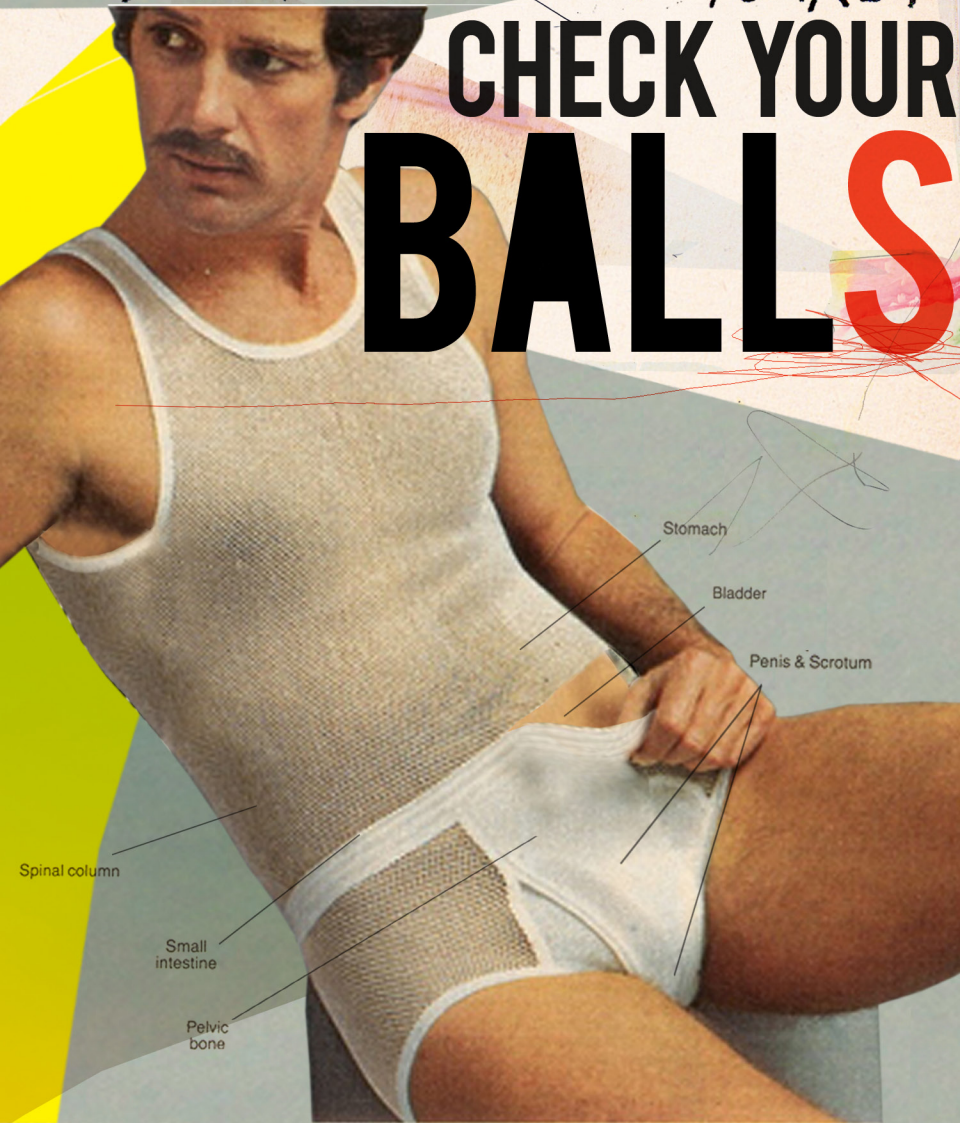


DON'T BE A JIVE TURKEY

CHECK YOUR BALLS



Stomach

Bladder

Penis & Scrotum

Spinal column

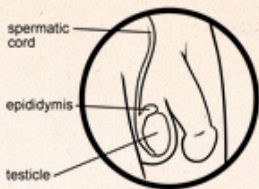
Small
intestine

Pelvic
bone

CHECK YOUR BALLS FOR TESTICULAR CANCER.

CHECK FREQUENTLY

There really is no golden rule as to how often you should check your balls for testicular lumps. But realistically, once a month should do. The best time to check your balls is during or after a warm shower or bath.



EXAMINE ONE TESTICLE AT A TIME

Using both hands, gently roll each testicle (with slight pressure) between your fingers. To do this, place your thumbs over the top of your testicle, then, with the index and middle fingers of each hand behind the testicle, roll the testicle between your fingers.

KNOW WHAT YOUR BALLS FEEL LIKE

Your testicles should feel firm and smooth, about the consistency of a hard-boiled egg except without the egg shell. Remember that one is slightly larger than the other (usually the right) and will hang lower - this is completely normal.



KNOW WHAT'S NORMAL

You may feel the epididymis, which is a soft, rope-like tube located at the top of the back of each testicle. This is a normal lump.

KNOW WHAT'S ABNORMAL

When examining each testicle, feel for any firm masses, lumps or nodules along the front or sides. Lumps may be as small as a piece of rice or a pea and they are often painless.

WHEN IN DOUBT, GET IT CHECKED OUT

If you do notice something abnormal, don't hesitate to have it checked out by a doctor right away. It's not always cancerous - there are other causes of lumps - but when in doubt, get it checked out.

For a more thorough discussion, check these websites:

WWW.DREAMLOVECURE.ORG

WWW.TESTICULARCANCERSOCIETY.ORG

**SKATE 4
CANCER**

