


BALLS  
SCROTUM  
NUTS  
NADS  
FAMILY JEWELS  
BOLLOCKS  
KNACKERS  
GONADS  
TESTES  
DANGLY BITS  
BOYS  
TESTICLES  
PRIVATES  
JUNK  
SCROTE

A  
Y.M.H.C  
GUIDE TO...  
TESTICULAR CANCER



# TESTICULAR CANCER

## THE FACTS



THE SURVIVAL RATE FOR TESTICULAR  
CANCER IS 98%

...PRETTY GOOD ODDS!

HOWEVER, THIS FALLS LOWER AS TIME  
GOES ON.

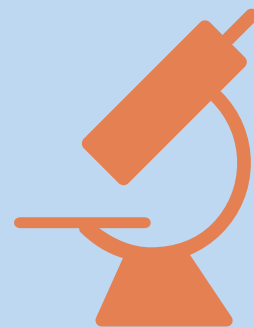
SO, IT'S IMPORTANT TO DETECT  
CANCER AS EARLY AS POSSIBLE!

IT'S MOST COMMON TO DEVELOP TESTICULAR  
CANCER IN YOUR 20'S.

HAVING AN UNDESCENDED TESTICLE, PREVIOUS  
CANCER, INFERTILITY, HIV, OR A FAMILY HISTORY  
OF TESTICULAR CANCER CAN MEAN YOU ARE MORE AT  
RISK. WHITE MEN ARE ALSO 4-5 TIMES MORE LIKELY  
TO DEVELOP TESTICULAR CANCER.

COMMON SYMPTOMS OF TESTICULAR  
CANCER INCLUDE:

- A LUMP OR SWELLING IN ONE OF  
YOUR BALLS OR THE SCROTUM  
(THAT'S A BALL SACK TO YOU & ME)
- DISCOMFORT OR PAIN IN ONE  
OF YOUR BALLS OR SCROTUM
- A HEAVY FEELING SCROTUM,  
COLLECTION OF FLUID, OR A DULL  
ACHE



WHY ARE WE TALKING ABOUT TESTICULAR CANCER ANYWAY?

WHILE RARE, TESTICULAR CANCER IS THE MOST COMMON MALE CANCER AMONG 16-25 YEAR OLDS LIKE US.  
MEN TEND TO SUFFER LONGER & DIE EARLIER, OFTEN BECAUSE WE DON'T SEE THE DOCTOR AS SOON OR AS OFTEN AS WOMEN DO.  
WHAT'S UP WITH THAT? WE WANT TO FIND OUT HOW TO IMPROVE NHS SERVICES FOR YOUNG MEN, BUT ALSO HOW TO GET YOU  
THROUGH THE DOOR EARLIER SO YOU CAN LOOK FORWARD TO A QUICK RECOVERY & A LONG, HEALTHY LIFE!

# CHECK YOURSELF!

IT'S IMPORTANT FOR MEN FROM 14 YEARS OLD ONWARD TO GET ACQUAINTED WITH THEIR BODIES, ESPECIALLY THEIR BALLS.

1 THE BEST WAY TO PREPARE FOR A SELF-CHECK IS TO HAVE A WARM SHOWER OR BATH. THIS RELAXES YOUR SCROTUM, MAKING IT EASIER TO NOTICE ANYTHING UNUSUAL. STAND IN FRONT OF THE MIRROR & CHECK FOR ANY SWELLING OR CHANGES IN THE SIZE AND SHAPE OF YOUR BALLS.



2 FEEL YOUR SCROTUM & CUP EACH OF YOUR BALLS. IT'S TOTALLY NORMAL FOR ONE TO HANG LOWER THAN THE OTHER, BUT ANY CHANGES IN WEIGHT ARE WORTH CHECKING OUT. FOR STEP 3, IT HELPS TO PLACE YOUR BALLS ON A PLATFORM LIKE A TABLE FIRST.



3 ROLL EACH TESTICLE GENTLY BETWEEN YOUR THUMB & FINGERS.. LUMPS ON THE TUBE LEADING AWAY FROM YOUR TESTICLE ARE NORMAL, AS ARE FREE FLOATING LUMPS IN THE SCROTUM. IF YOU FIND A LUMP ON YOUR TESTICLE OR ANY OF THE OTHER SIGNS WE HAVE MENTIONED, PAY YOUR GP A VISIT.



4 BUT DON'T PANIC! ONLY 4% OF LUMPS IN THIS AREA TURN OUT TO BE CANCEROUS. YOU SHOULD CHECK YOUR BALLS FOR LUMPS ON A MONTHLY BASIS. REMEMBER THE WORST THING YOU CAN DO IS IGNORE IT. FEELING A BIT EMBARRASSED IS NORMAL, A TRIP TO THE DOCTORS WITH SOMEONE YOU TRUST IS THE FIRST STEP TO ENSURE YOU'RE IN THE CLEAR.



CHECKING YOURSELF DOESN'T HAVE TO BE AN ANXIETY INDUCING EXPERIENCE; THERE'S NOTHING MORE EMPOWERING THAN TAKING RESPONSIBILITY FOR YOUR BITS, AND HEALTH IN GENERAL.

# SIGNPOSTING

(PLACES YOU CAN GO FOR SUPPORT)

## Physical Health

IF YOU ARE WORRIED ABOUT YOUR HEALTH, OR HAVE ANY OF THE SIGNS OR SYMPTOMS OF TESTICULAR CANCER, YOU CAN GO AND SEE YOUR GP, OR CHECK OUT [WWW.NHS.UK](http://www.nhs.uk)

## Sexual Health

IF YOU NEED SUPPORT AROUND YOUR SEXUAL HEALTH YOU CAN VISIT [WWW.BRIGHTONSEXUALHEALTH.COM](http://www.brightonsexualhealth.com) FOR MORE INFORMATION ABOUT SEXUAL HEALTH SERVICES IN BRIGHTON AND HOVE.

## Wellbeing

IF YOU WOULD LIKE SUPPORT AROUND ANYTHING ELSE, INCLUDING MENTAL HEALTH, DRUGS AND ALCOHOL, AND MUCH MORE, PLEASE VISIT [WWW.WHERETOGOFOR.COM](http://www.wheretogofor.com) WHERE THERE IS A FULL LIST OF YOUNG PEOPLE'S SERVICES IN BRIGHTON AND HOVE.