

What to do next...

Tell your
Doctor



Tell a
Parent



Tell your
Carer



Tell someone and
they will help you
make an appointment

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SWANSEA PEOPLE FIRST
Peer Health Advocacy Project



GOOD HEALTH FOR ALL!

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SWANSEA PEOPLE FIRST
Peer Health Advocacy Project



An Organisation of and for People with Learning Disabilities

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Self Testing



The Signs of Testicular Cancer

An Information Leaflet

Testicular Cancer

Testing Yourself

Early Signs - What to Look for

This is very common in men from the ages of 19 to 44

It can be treated if you tell someone straight away

If you think that something is **Not Right**



Hold your scrotum in the palm of your hand and use your fingers and thumbs to feel around your testicles



The best time to do this is after a shower or bath

- 1. A Swelling in one of the Testicles**
- 2. A Pea-sized hard lump on the front of the testicle**
- 3. A Dull Ache or Pain**

