



**HAVE  
YOU GOT  
THE BALLS?**



**CHECK' EM**

**ARE?  
YOU?**

**AT RISK**

**Known**

**Risk**

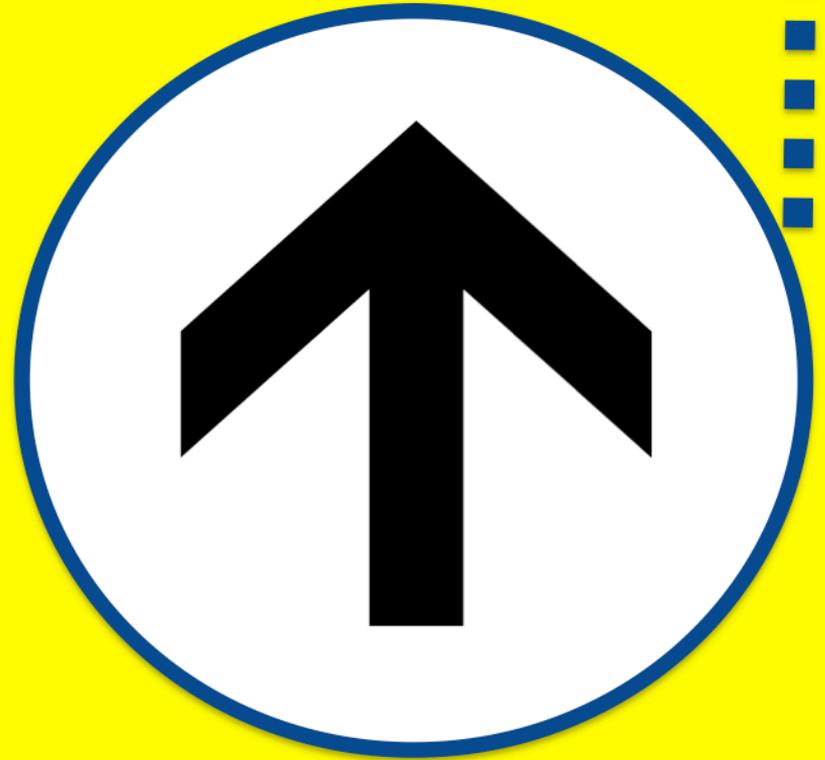


**Factors**



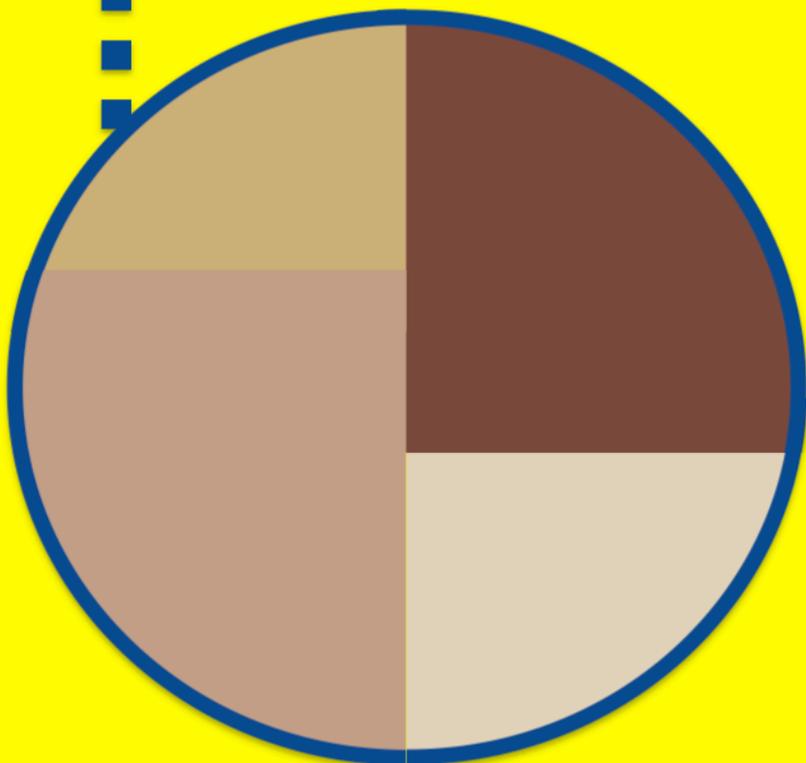
Have undescended or partially descended testicle(s) – currently or in the past.

Have family history (father or brother) with the disease.



Are white/  
Caucasian

**20-30**



Between the  
ages of 20-39



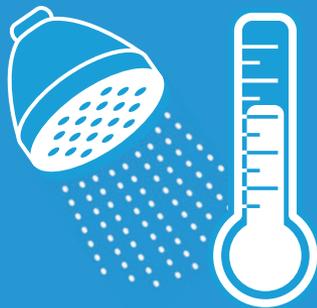


Testicular cancer is the most prevalent cancer in men aged 15 to 29, but it's also among the most treatable when caught early.

**IT'S THAT  
TIME OF THE  
MONTH**

**YOUR LIFE IN YOUR HANDS**

**CHECK'EM**



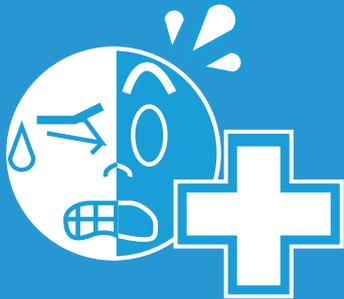
1. Check your testicles just after you've had a bath or shower, when the muscles in the scrotum are relaxed, making it easier for you to feel any lumps, growths or tenderness. Stand in front of the mirror. Look for any swelling on the skin of your scrotum.



2. Hold your scrotum in your hands and feel the size and weight of each testicle. It is common for one testicle to be slightly larger or hang lower than the other.



3. Feel each individual testicle and roll it between your thumb and finger. It should feel smooth. It's normal to feel a soft, tender tube towards the back of each testicle. You shouldn't feel any pain when checking your testicles.

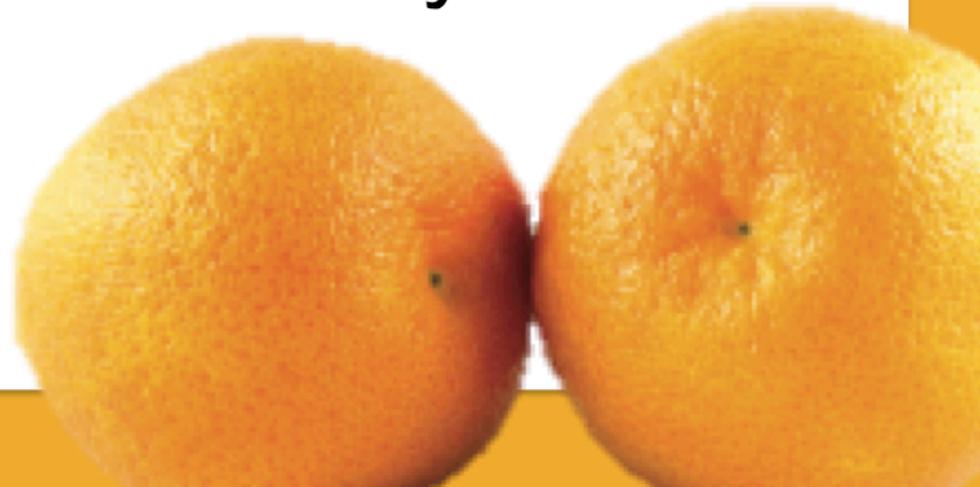


4. Once familiar with how your testicles feel, keep an eye out for any changes. If you detect a change, don't freak out — just see a doctor or nurse practitioner as soon as possible.

# WHAT TO LOOK OUT FOR...

- A hard, painless lump on either of your testicles (not always present).
- A change in the size, shape, tenderness or feel of your testicles or scrotum.

- Swelling or pain in your testicles or scrotum.
- A feeling of heaviness in your lower abdomen or scrotum.
- An unusual back ache that doesn't go away.
- A soreness or sudden, unexplained growth of the breast around your pectoral muscle.
- Unexplained weight loss.



**for more information**

**CONTACT US**

**Student Health Centre**

**Phone: (506) 453-4837**

**[Go.unb.ca/healthcentre](http://Go.unb.ca/healthcentre)**

Reference: [TesticularcancerCanada.ca](http://TesticularcancerCanada.ca). Retrieved October 25, 2015.