The best time to examine yourself is after a warm bath or shower when the skin of your scrotum is relaxed.

Testicular cancer is the most common cancer in young men aged 15-44. If caught early, testicular cancer is very treatable and is nearly always curable.

How to...

CHECK YOUR TESTICLES

1. Most lumps found on the testicles are not cancer, but any changes in size, shape or weight should be checked by your GP.

2. Support the scrotum in the palm of your hand and become familiar with the size and weight of each testicle.

3. Examine each testicle by rolling it between your fingers and thumb. Gently feel for lumps, swellings or changes in firmness.

4. Each testicle has a soft tube at the top (epididymis) which carries sperm to the penis. Don’t panic if you feel this – it’s normal.

For more information call our Cancer Nurseline Freephone 1800 200 700 or Email cancernurseline@irishcancer.ie or visit www.cancer.ie