

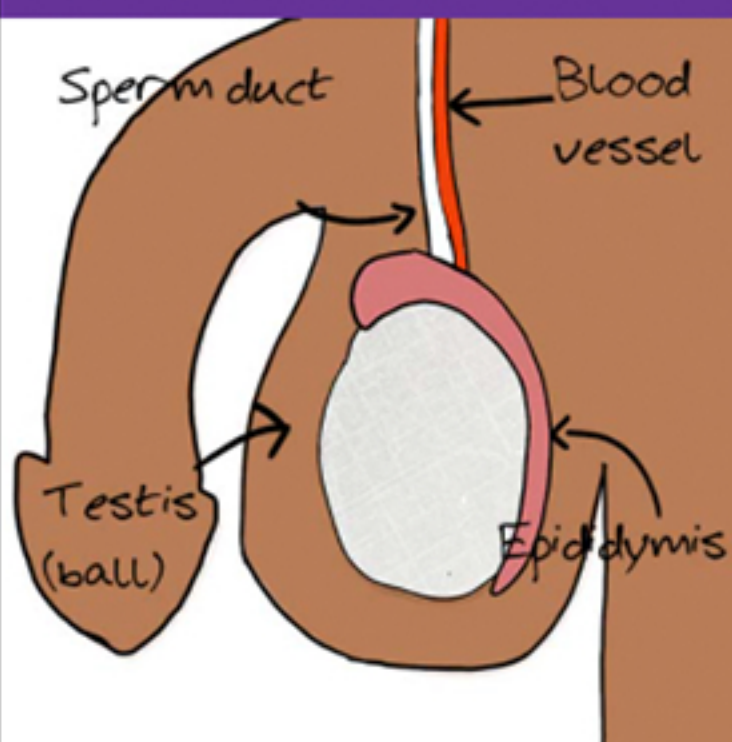
TESTICULAR *(balls)* LUMPS *(bumpy bits)*

[WHAT YOU NEED TO KNOW](#)

[HOW TO CHECK YOUR BALLS](#)

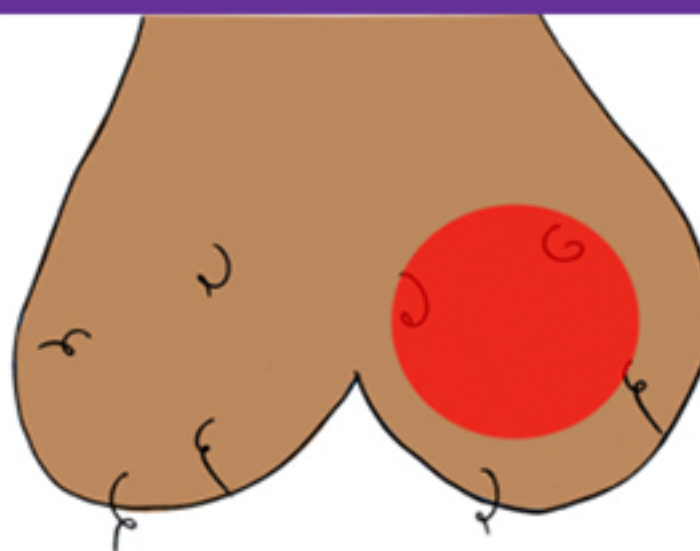
WHAT YOU NEED TO KNOW ABOUT TESTICULAR LUMPS

Testicles should feel like...



... smooth, oval and with a firmness similar to a boiled egg.

If something feels different...



... like a new bump, lump, hardness, pain or swelling, get this checked out.

Testicles should be checked...



... at least once a month! Check them in the same way each time so you know how each individual ball feels.

Any testicular lumps should ALWAYS be checked out by a doctor AS SOON AS POSSIBLE!

HOW TO CHECK YOUR BALLS

1. Take a bath or shower to make your body warm. Your balls will hang lower, making it easier to check yourself.



2. Using both hands, roll one testicle between fingers and thumb, feeling for any lumps and bumps. Make sure to cover the ENTIRE ball.



3. Repeat the process with the other testicle: use both hands to roll it between fingers and thumb, feeling for any lumps and bumps. Make sure to cover the ENTIRE ball.



ALL GOOD?

If you can't feel anything unusual, GREAT!
Just remember to check again every month in the exact same way.



FOUND SOMETHING?

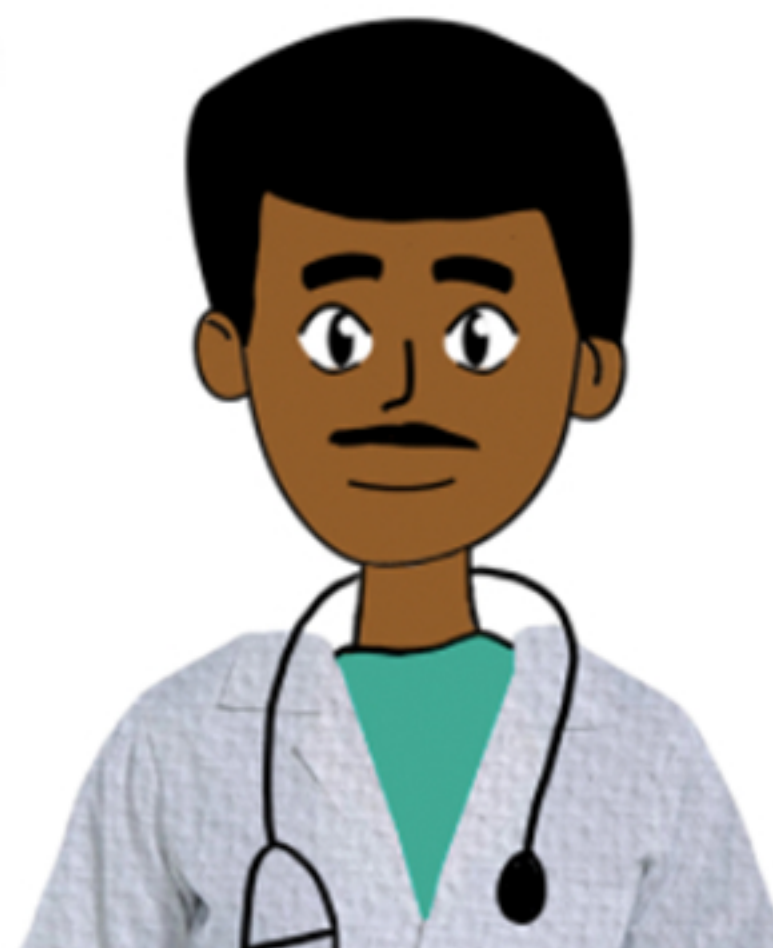
If you do find a new lump, a hard area, or notice a difference, tell a responsible adult and make sure you see a doctor very soon.



OTHER ISSUES TO LOOK OUT FOR

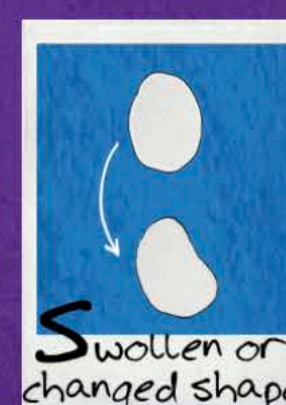
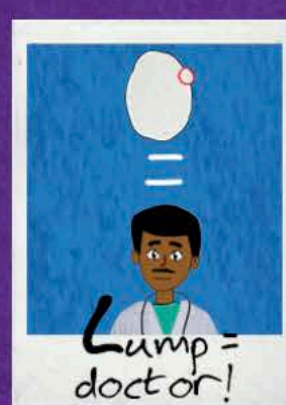
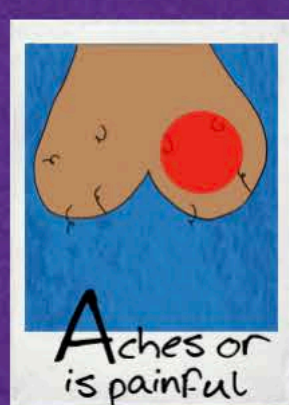
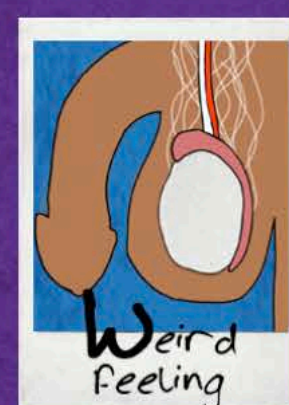
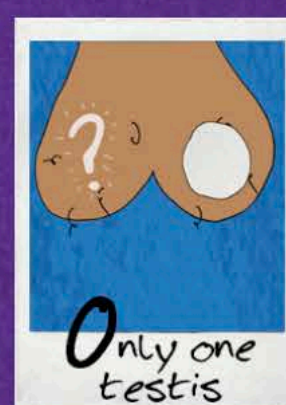
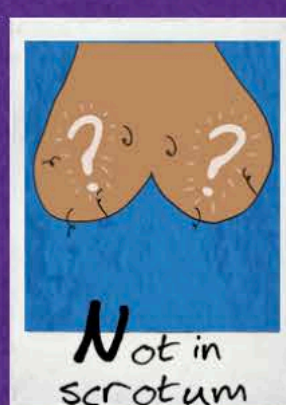
While checking your balls you might find something else that concerns you. If you find any of these things, tell a responsible adult and get seen by a doctor

- You can't feel two testis (balls) in your scrotum (Ball sack).
- One or both balls sometimes leave the scrotum (ball sack) and move up into the groin area.
- There is an obvious difference in size or heaviness between each ball, or one hangs a lot lower.



KNOW YOUR BALLS

With regular checking at least once a month, you can feel any changes or differences more easily. This is why it is important to KNOW YOUR BALLS.



If you get testicular pain, along with these symptoms, don't be afraid to take action. It could SAVE your ball!!!!

DON'T BE EMBARRASSED

Although talking about your balls may seem awkward for you, most adults will be a lot more relaxed about discussing it than you are.



If you want to be 100% safe, always let a doctor examine your balls.

TESTICULAR CONDITIONS ARE EASIER TO TREAT THE QUICKER THEY ARE FOUND

CONTACT US

if you have found this website helpful (or have suggestions for improving the website) you can email us at info@testicularhealth.info

Unfortunately we cannot answer medical queries so please seek medical advice near you, if you or your family have any problems related to torsion.