

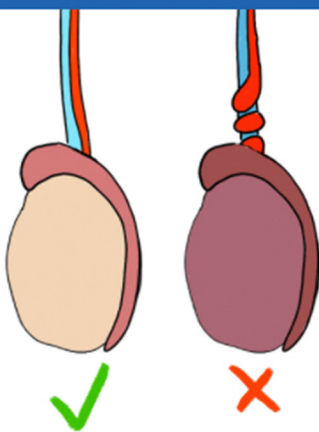
TESTICULAR *(balls)* TORSION *(twisting)*

WHAT YOU NEED TO KNOW

TAKE ACTION ON PAIN NOW

WHAT YOU NEED TO KNOW ABOUT TESTICULAR TORSION

Testicular torsion is...



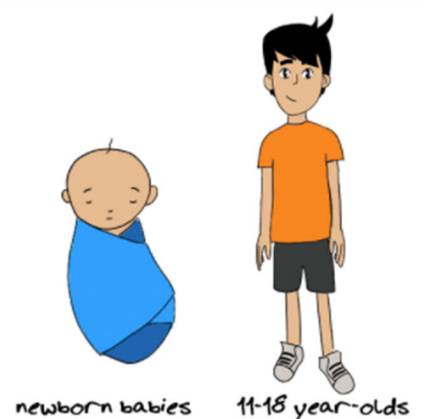
..the painful twisting of the testicle(ball). The twist cuts off the blood supply of the testicle.

This is an emergency.



If left for more than 6 hours the testicle will die.

Most common in...



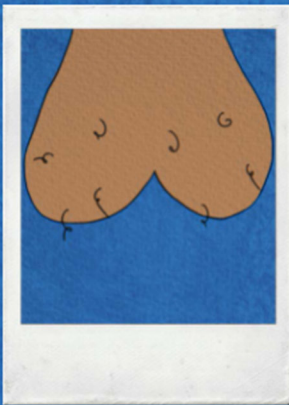
... however, testicular torsion affects 1 in 800 men per year, and it can happen at any age.

**Testicular pain can be caused by testicular torsion which is a medical emergency.
The more people know, the more balls can be saved!**

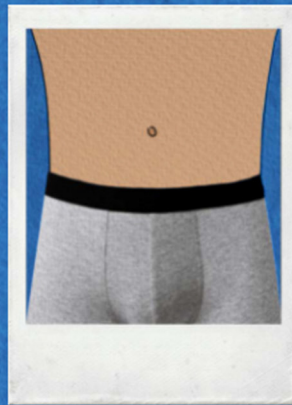
SYMPTOMS

Testicular torsion usually presents itself with pain around your ball. The pain is usually strong and severe and it may seem to move into your lower abdomen or groin. It might make you want to vomit and it may even hurt when you are resting.

Strong ongoing
ball pain?



Abdomen
(tummy) pains?



Vomiting
or nausea?



Even aching
during rest?



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

STEPS FOR TAKING ACTION

If you feel pain, don't panic! It may not be torsion,
but to be safe, read below and take the appropriate course of action!

If you have testicular pain and any of the other symptoms and the
pain is severe

tell a responsible adult



go to the Emergency Department



If however the pain in your testicle is not that severe

tell a responsible adult



take note of the time



If the pain is still continuing 1 hour later...



go to the Emergency department immediately!



If the pain goes away within the hour and was severe or worrying

make an appointment to see your family doctor



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.

**A MOMENT OF EMBARRASSEMENT COULD SAVE YOUR
TESTICLE FOR LIFE!!!**

USEFUL MATERIAL ABOUT TESTICULAR TORSION

[NHS UK](#)

Information about health problems and treatments, including details of local Accident and emergency services in England.

[NHS 111 \(England\)](#)

Non-emergency medical help and advice for people in England.

[NHS 24 \(Scotland\)](#)

Non-emergency medical help and advice for people in Scotland. The contact number is 111.

[NHS 111 Wales](#)

111 (Hywel Dda, Powys, Aneurin Bevan and Swansea Bay (including Brigend) Health Boards)

0845 46 47 (all other areas of Wales)

Non-emergency medical help and advice for people living in Wales. The contact number for this service differs depending on which area of Wales you are in.

[National Institute for Health and Care Excellence \(NICE\)](#)

Guidelines for best practice of healthcare based on scientific evidence.

[Royal College of Surgeons](#)

Professional organisation and charity for surgeons in the UK providing guidance on management of surgical conditions.

[British Association of Urological Surgeons](#)

Information for patients regarding surgical procedure for testicular torsion.

[The Urology Foundation \(TUF\)](#)

UK charity dedicated to all urology diseases providing information for patients and supports research to prevent, treat and cure urological disease.

[PSHE Association](#)

Personal Social Health and Economic Education national body for education providing resources to teachers with guidance, advice and training.

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.**