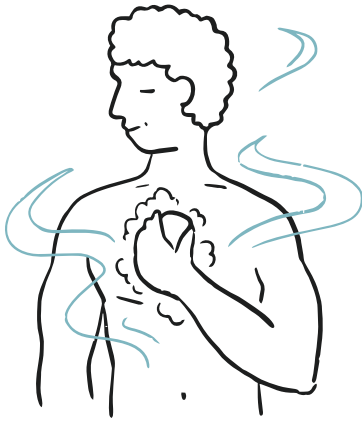


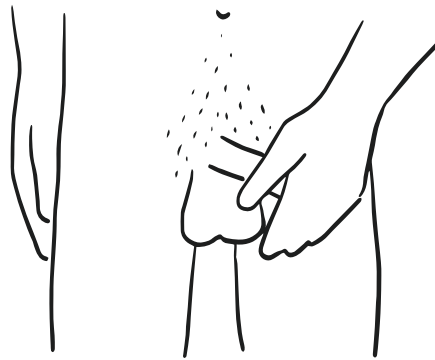
HOW TO DO A TESTICULAR CANCER SELF-EXAM

Testicular cancer is the most common type of cancer in young men.



STEP 1.

Take a warm bath or shower. Things are about to get steamy... like a handful of balls steamy.



STEP 1.

Stand naked in front of a mirror. Move your penis out of the way so you can easily see your balls. It's all about them today.

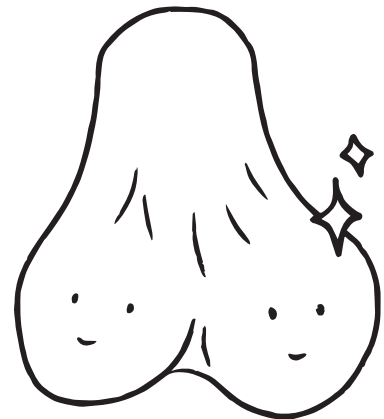


STEP 1.

Look at one testicle at a time by gently rolling it between your thumbs and fingers. Then switch to the other testicle.

YOU'RE LOOKING FOR...

- Swelling
- Hard lumps
- Smooth rounded bumps
- Changes in size, shape, or consistency of the testicle



IF A MOLE OR SPOT WORRIES YOU, MAKE AN APPOINTMENT TO SHOW A DOCTOR.