

I am a healthy reminder for you to check your testicles regularly and to be aware of all the signs and symptoms of testicular cancer

FOR MORE INFO VISIT www.thewellernetwork.com



I am a healthy reminder for you to check your testicles regularly and to be aware of all the signs and symptoms of testicular cancer

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FEEL one testicle at a time using both hands, after a warm bath or shower

INSPECT by rolling the testicle between thumb and fingers



FAMILIARISE yourself with your spermatic cord and epididymis, the tube structures that connect to the back side of each testicle

FEEL for lumps, bumps and changes in size It's normal for one testicle to be larger than the other







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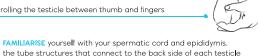
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