

GRAB YOUR GONADS!

1 MAKE A DATE WITH YOUR TESTICLES



examine your scrotum monthly

2 KNOW WHEN TO HOLD 'EM

check your family jewels after showering, when the sac is soft and relaxed.



AHHH!

3 CHECK YOUR BALLS!

using both hands, gently roll the testicles between your fingers.

notice the size, shape and feel of your balls. normal testicles will feel soft and move freely inside the scrotum.

locate the epididymis, a cord-like structure atop and behind the testis. check for lumps under the skin of the scrotum.



NUTTY NUGGET

an octopus' testicles are stored inside its head. talk about sex on the brain.

NUTTY NUGGET

testicles lift and retract with help from a muscle called the cremaster.

4 TALK TO YOUR DOC

any lumps or swelling should be reported to your doctor ASAP. other testicular cancer warnings include a dull ache in the abdomen or groin, or blood in your semen.



DON'T LET CANCER MESS WITH YOUR TESTIS

www.iheartguts.com

© I Heart Guts. All rights reserved.

