

You must contact your GP:

- If it hurts when you touch your balls
- If you find any lumps when you touch your balls
- If one of your balls is much bigger than the other
- If you are worried about anything

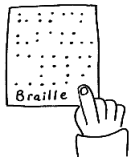
Telephone your GP and make an appointment.

Ask your carer to help you.



This leaflet was developed in partnership with
Wirral Primary Care Trust
Western Cheshire Primary Care Trust
Central and Eastern Cheshire Primary Care Trust
In 2010 and has since been reviewed.

This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.

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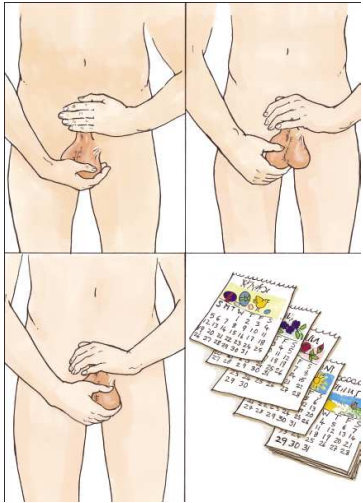


Cheshire and Wirral Partnership 
NHS Foundation Trust

Looking after your balls



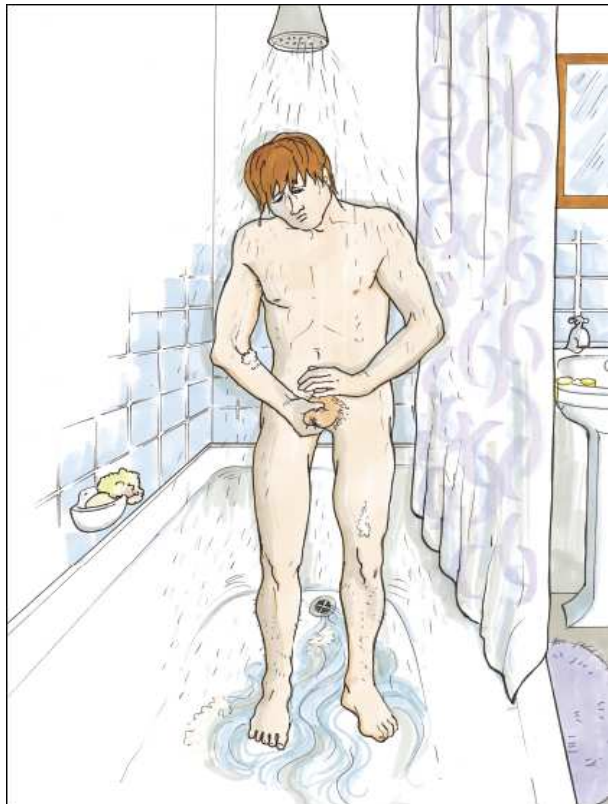
Information for men



If you are a man it is important to check your balls every month.

This leaflet tells you how to check your balls.

Check your balls after you have had a shower or a bath.



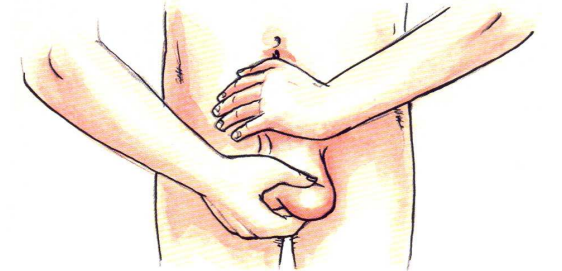
Look at the pictures.

Use your hands to feel your balls. Roll each one gently between your finger and thumb.

Does it hurt when you touch your balls?



Can you feel any lumps when you touch your balls?



Have a look at your balls.

Is one of your balls much bigger than the other one?

