



DID YOU KNOW?>>>

TESTICULAR CANCER IS THE MOST COMMON TYPE OF CANCER AMONG YOUNG ADULTS IN SWEDEN. ALMOST EVERYONE SURVIVES, BUT IN ORDER TO REDUCE THE RISK OF IT SPREADING AND TO AVOID TOUGH TREATMENTS, IT IS GOOD TO DETECT THE CANCER AT AN EARLY STAGE. THAT IS WHY IT IS GOOD TO CHECK YOUR BALLS.

THIS IS HOW YOU CHECK YOUR BALLS:

BEFORE YOU START>>> IT IS EASIER TO CHECK YOUR BALLS WHILE STANDING UP. IT IS GOOD IF YOU DO IT IN A PLACE WHERE YOU ARE WARM AND COMFORTABLE, FOR EXAMPLE IN THE SHOWER.



STEP 1.

LIFT YOUR POUCH AND LET IT REST IN YOUR HAND.



STEP 2.

USE THE THUMB, INDEX AND MIDDLE FINGER ON YOUR OTHER HAND.



STEP 3.

GENTLY SQUEEZE AND FEEL THROUGH ONE TESTICLE AT A TIME. LOOK FOR HARD LUMPS, SWELLING OR CHANGES. IF YOU FIND SOMETHING THAT DOES NOT FEEL RIGHT - CONTACT YOUR HEALTH CENTER!

DONE!>>>

REMEMBER TO CHECK YOUR TESTICLES ON A REGULAR BASIS. THEN YOU WILL KNOW HOW THEY NORMALLY FEEL AND CAN EASILY FIND CHANGES.

LEARN MORE ON KOLLABOLLARNA.SE



A CAMPAIGN BY UNG CANCER