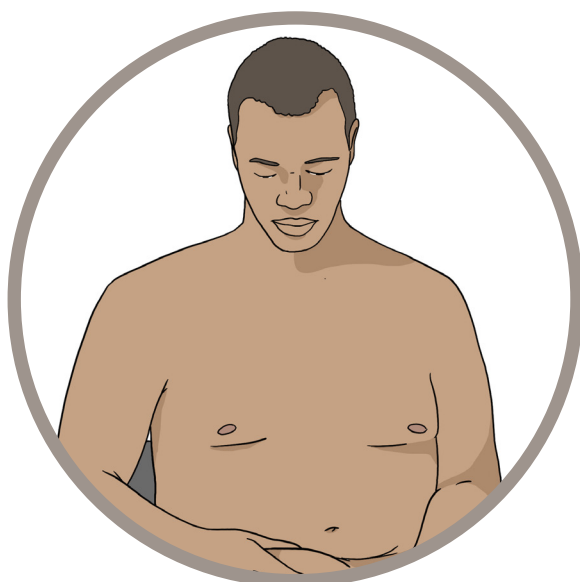
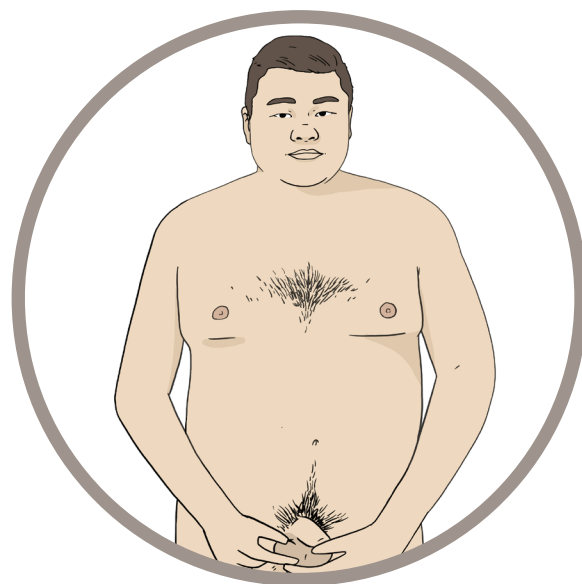


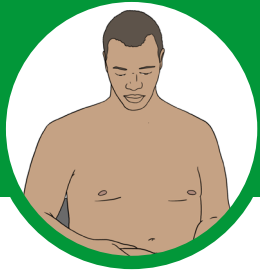
In partnership with

MACMILLAN
CANCER SUPPORT

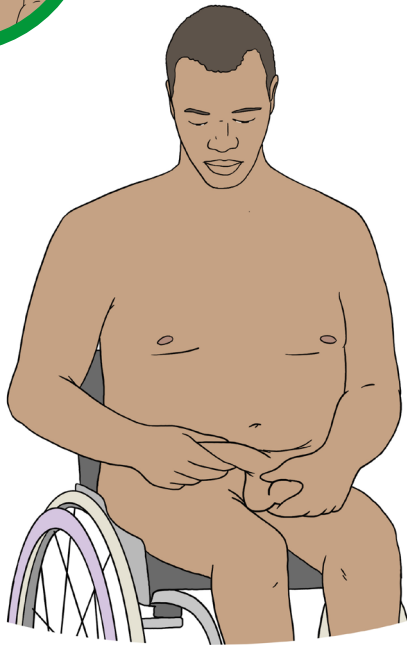
easy
read

How to check your balls (testicles)

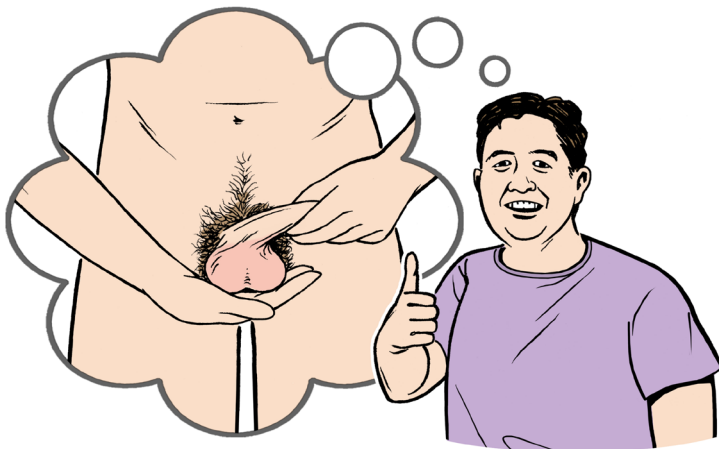




About this easy read booklet



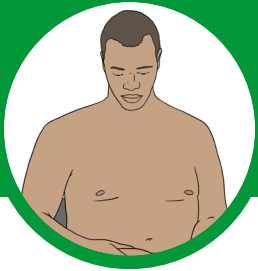
This booklet is about how to check your balls. Balls can also be called **testicles**.



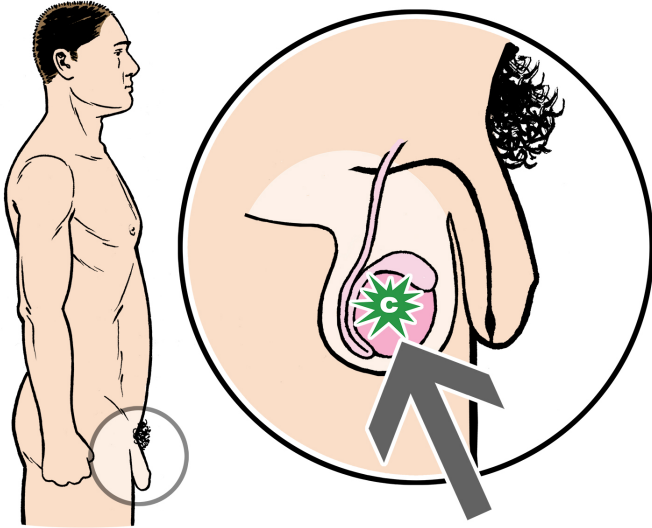
You can learn about how to check your balls for signs of cancer like lumps or swelling.



If you are worried about your health, you should talk to a doctor or nurse.



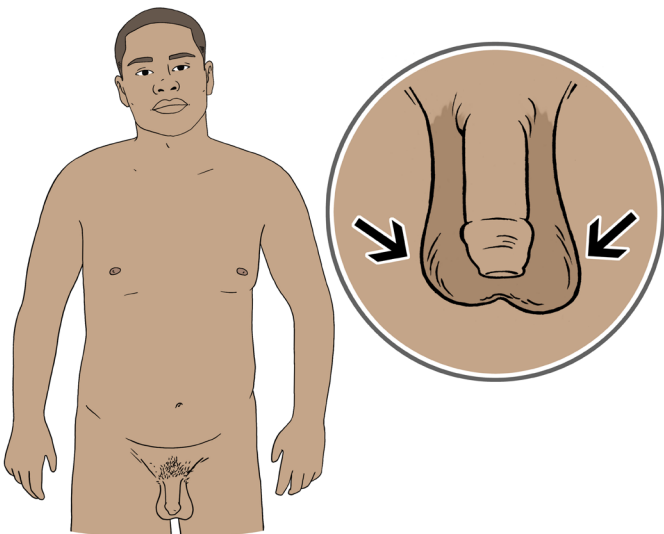
How to check your balls



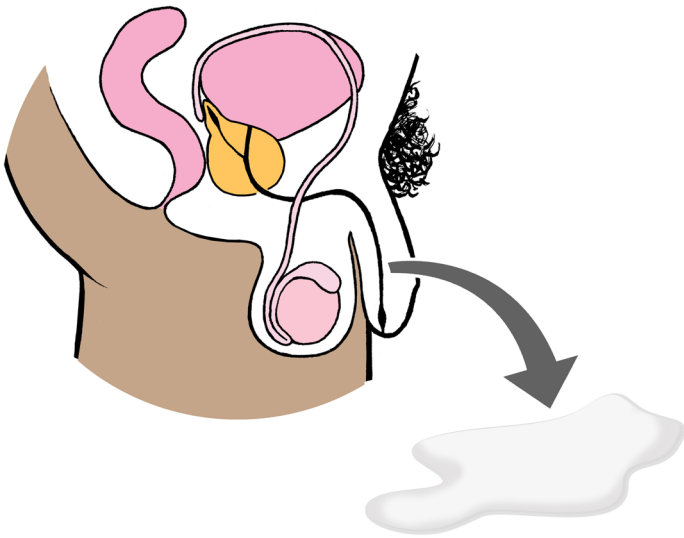
Testicular cancer is a common cancer for people aged 25 to 40 who have balls. It is important to check your balls.



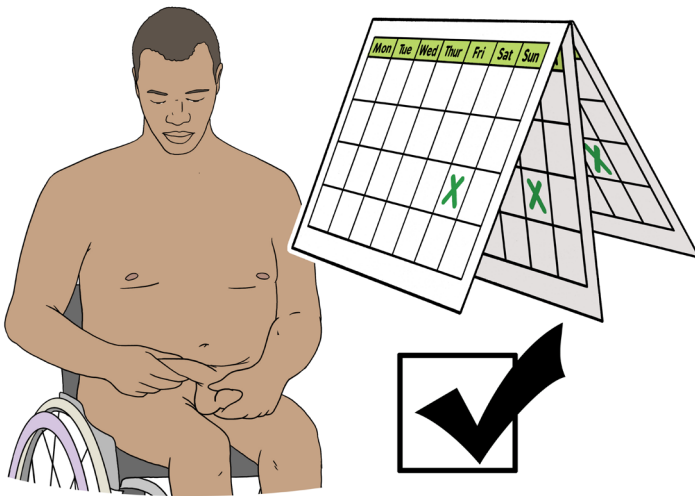
You have balls if you were **assigned male at birth**. This means that when you were born the doctor said you were male. But this may not be the same as your gender.



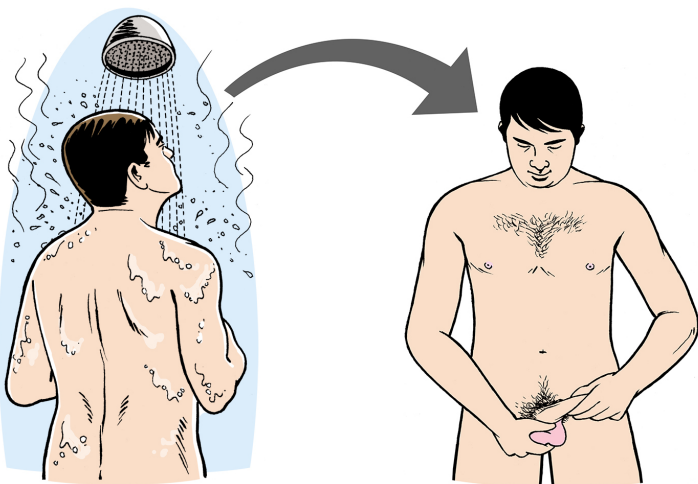
The balls are behind the penis in a pouch of skin. This is where **sperm** is made.



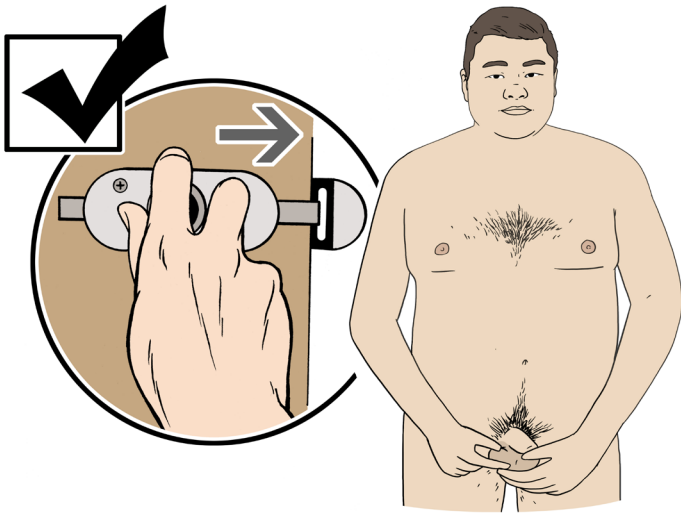
Sperm is in the liquid that comes out of your penis when you have sex or masturbate.



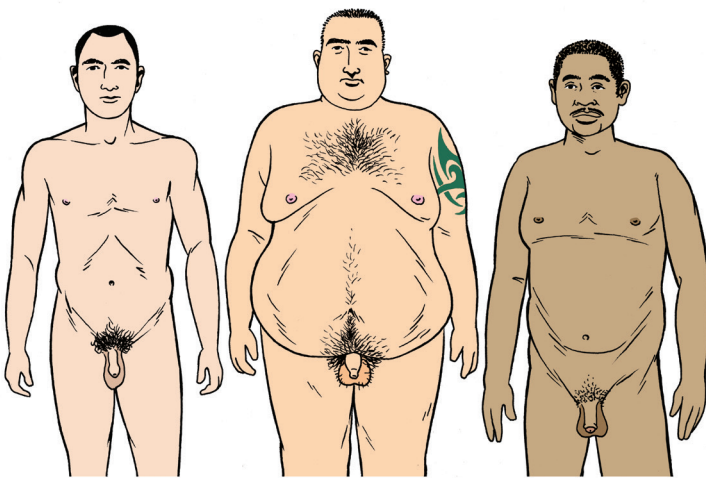
You should check your balls for lumps and swellings often. Your doctor can tell you how often you need to do this.



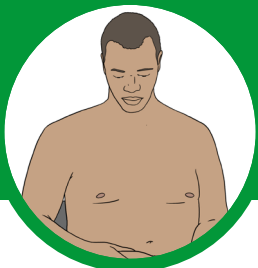
It is best to check your balls when you are warm and standing up. This could be after a bath or shower.



Before checking your balls, make sure you are somewhere private.



Everyone's body is different. By checking your balls you will know what is normal for you.



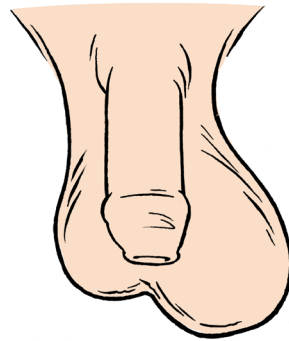
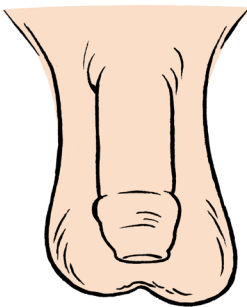
How to check your testicles



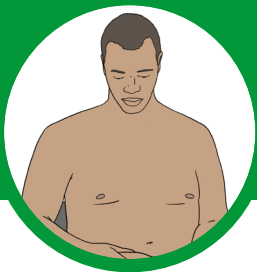
To check your balls, cup your hand under them to feel how heavy they are.



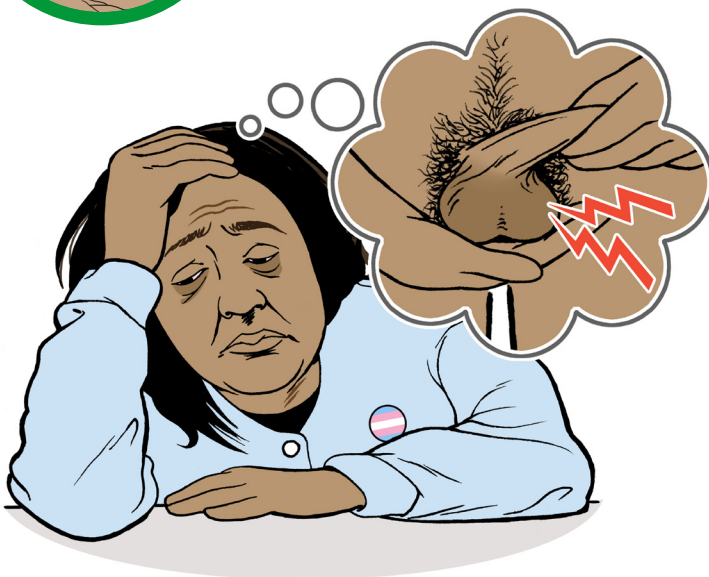
Then carefully check for any lumps or changes in size. Gently roll each ball between your finger and thumb.



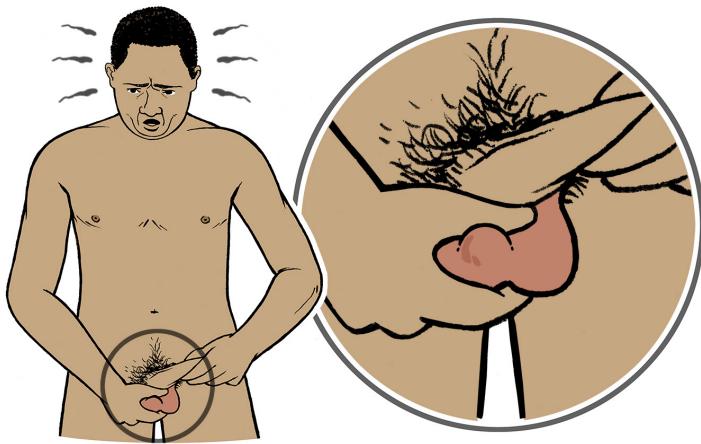
They should be almost the same size and weight. A normal ball should feel smooth and firm, but not hard.



Symptoms of testicular cancer

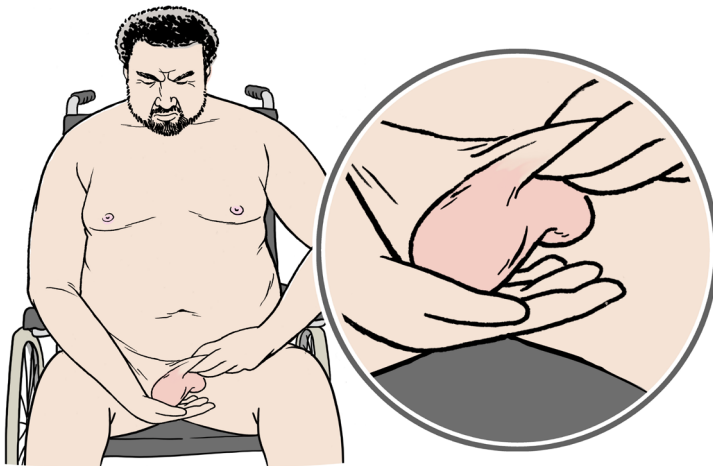


Symptoms are signs in your body that tell you something is wrong, like a change in your body or how you feel.

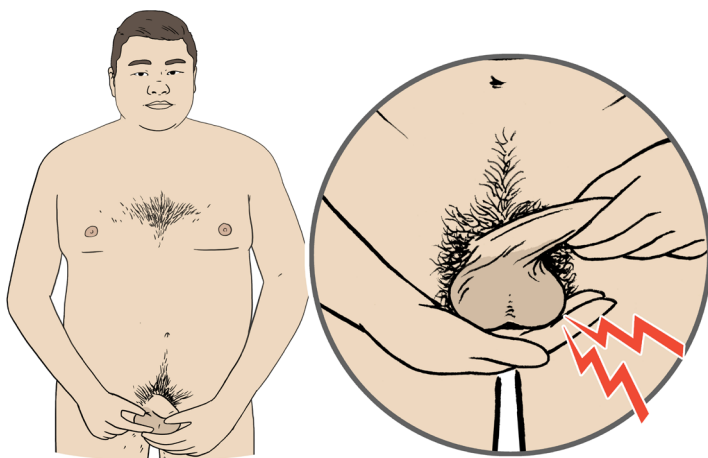


There may be something wrong with your balls if you have any of these symptoms:

- you find a lump



- there is a swelling, or one ball is a lot bigger than the other



- there is an ache or the balls feel more heavy than usual



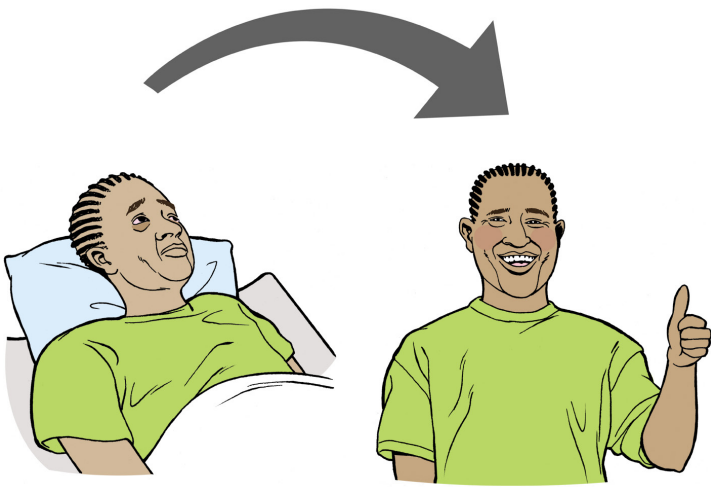
- there is pain when you touch them.



If you have any of these **symptoms** you need to go to your doctor straight away.



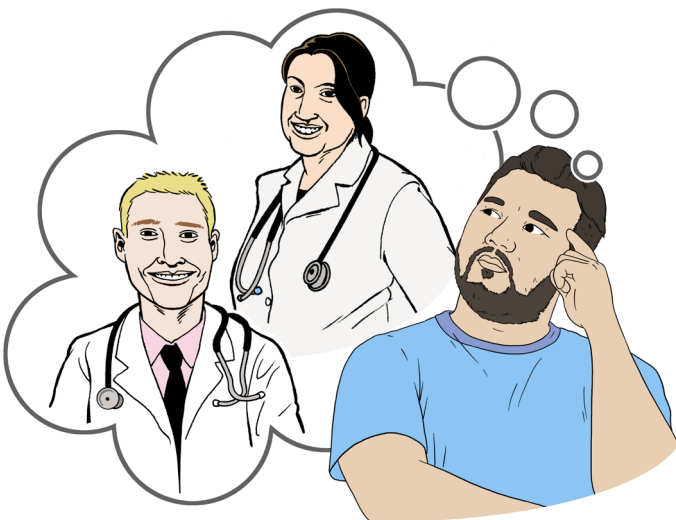
You may feel shy telling the doctor about your symptoms. But it is very important to get it checked.



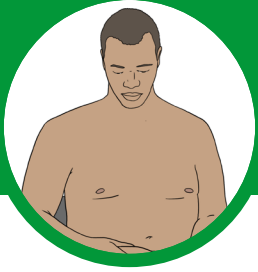
If you have cancer, finding it early gives you the best chance of treating it and getting well again.



If it would help, you might want to go to the doctor with someone who can support you.



You can ask to see a male doctor if you would prefer.

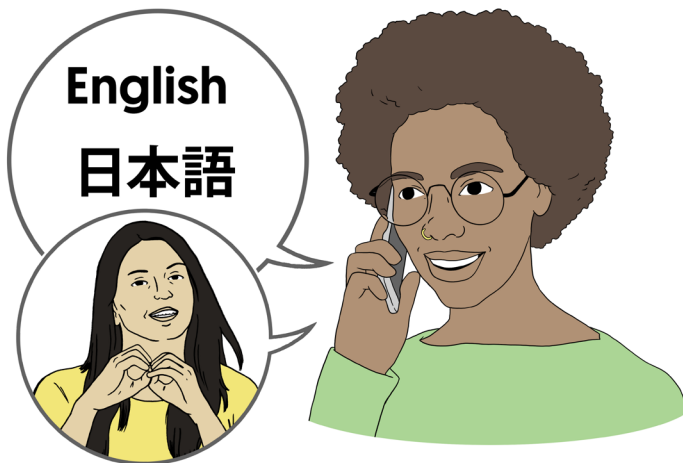


How Macmillan can help you

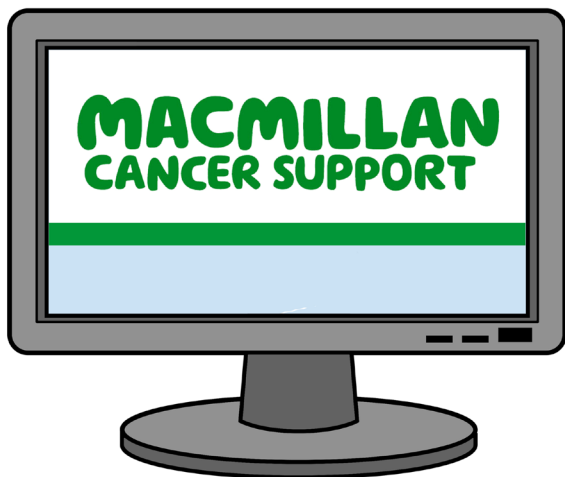


You can get support from:

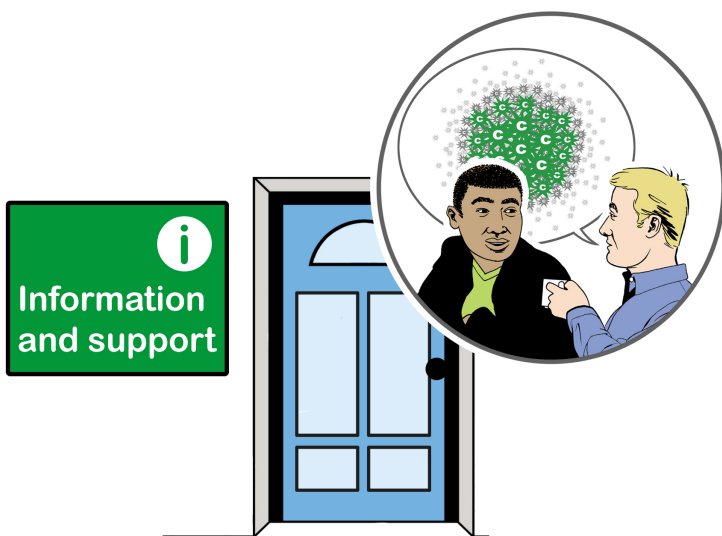
- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.



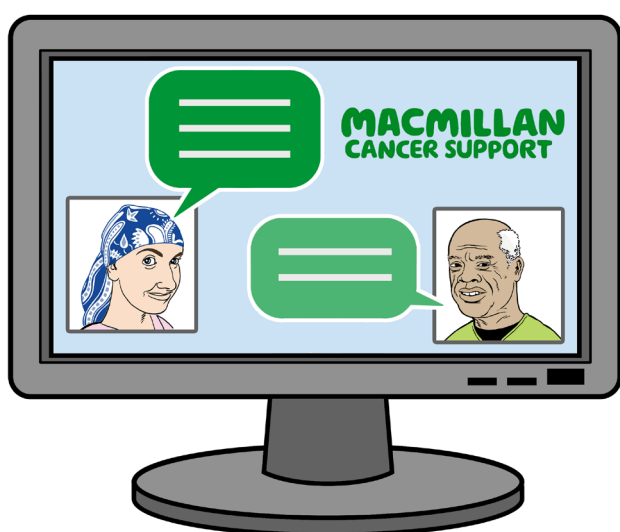
- The Macmillan website. Visit **macmillan.org.uk** for information about cancer. You can also use our web chat to ask questions at **macmillan.org.uk/talktous**



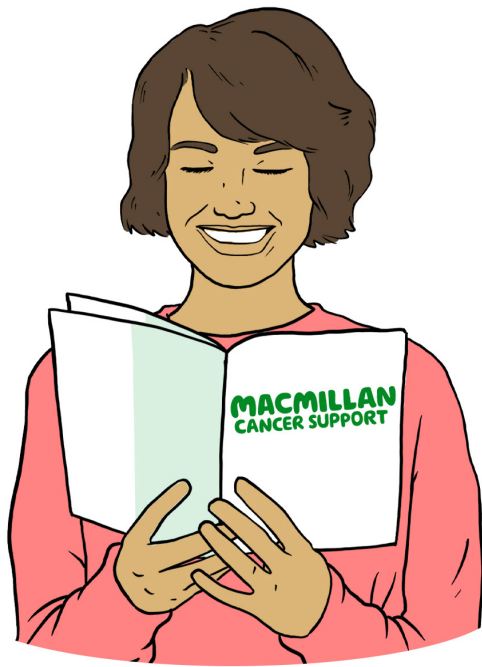
- Information centres. You can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us.



- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



Macmillan can give you information in different ways:

Booklets about cancer

You can order booklets about cancer from

be.macmillan.org.uk



Videos

You can watch videos about cancer at

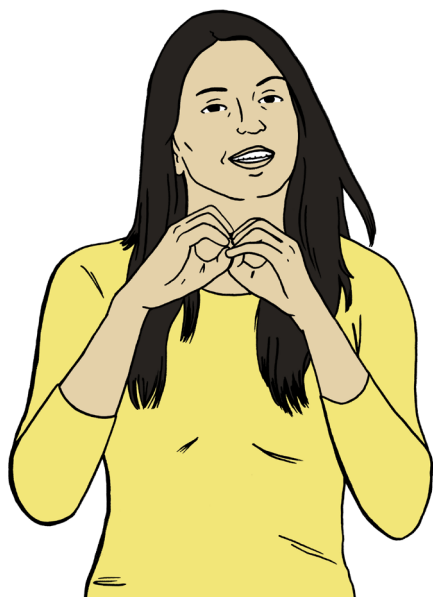
macmillan.org.uk/videos



Audio

You can listen to information about cancer and order CDs from

macmillan.org.uk/audio



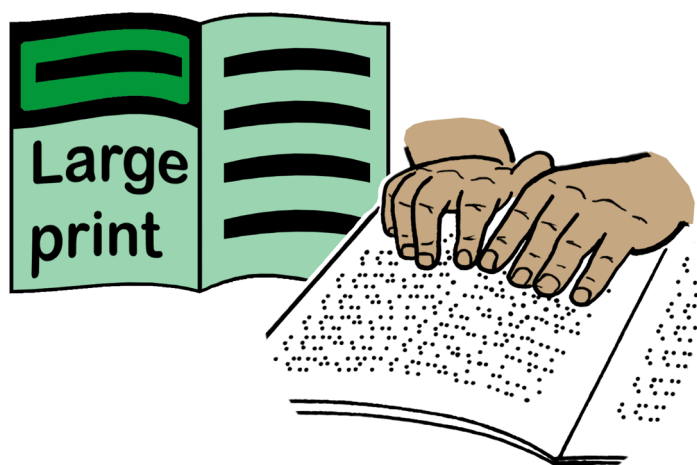
British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



eBooks

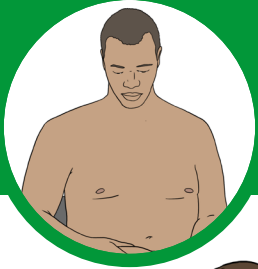
You can get eBooks about cancer from [be.macmillan.org.uk](https://www.be.macmillan.org.uk)



Large print or Braille

Tell us if you need information in large print or Braille.

Email: cancerinformationteam@macmillan.org.uk



More easy read booklets



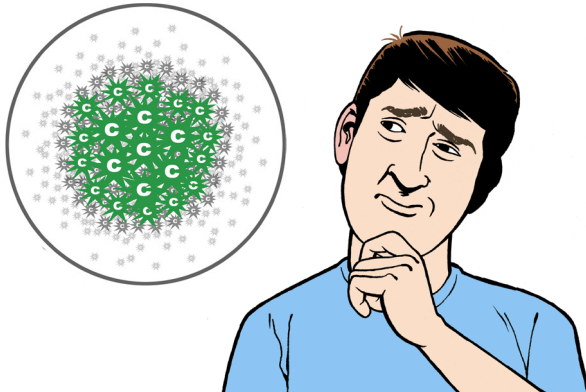
Order more easy read booklets from macmillan.org.uk/easyread

There are booklets on lots of topics:



About Macmillan

- How Macmillan Cancer Support can help you



About cancer

- Lung cancer
- What is cancer?



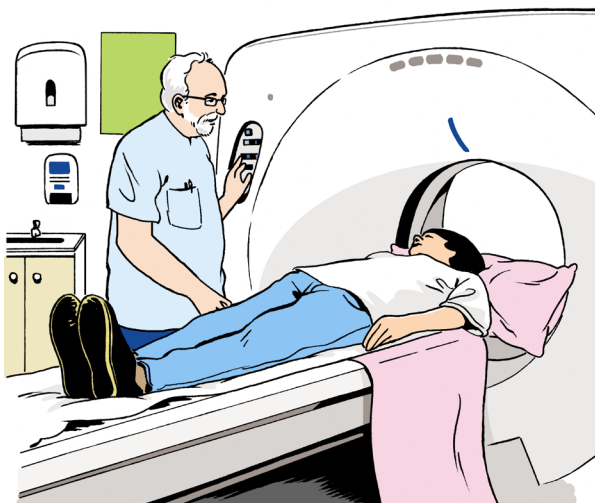
Signs and symptoms

- Breast care for women
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



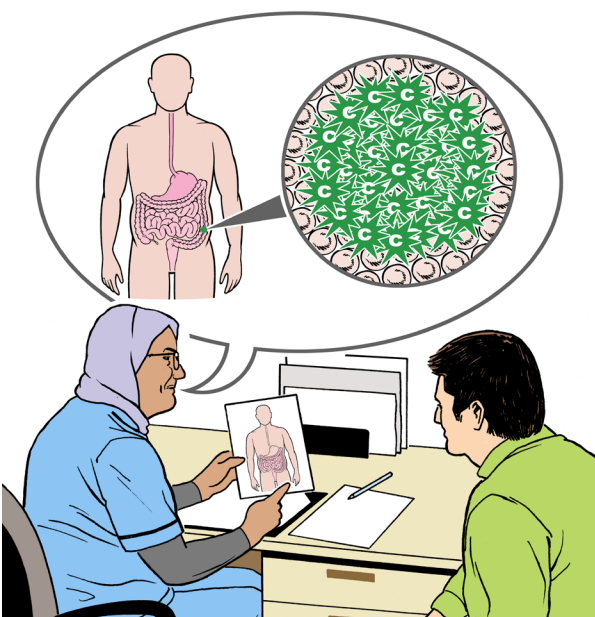
Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex



Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



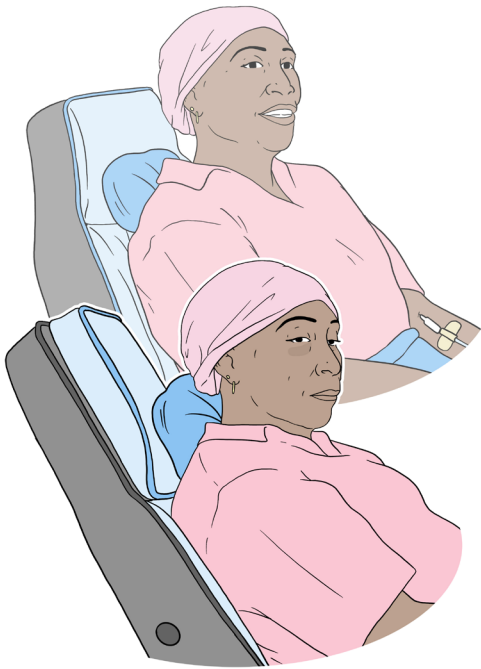
Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer

Living with cancer

- 7 steps to equal healthcare
- Cancer and covid
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- What happens after cancer treatment ends
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer





End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Who can help if you are dying
- Your feelings if you are dying

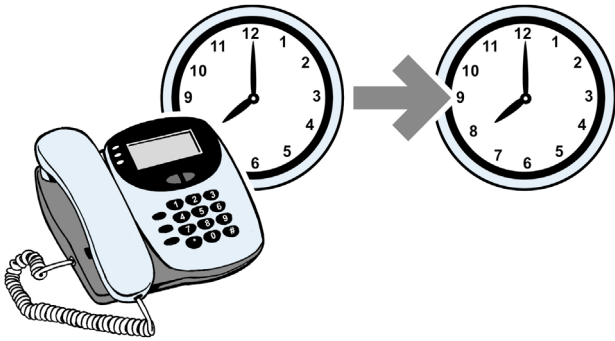


After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread) or call us on **0808 808 00 00**

This booklet is about how to check your balls (testicles) for signs of cancer. It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:

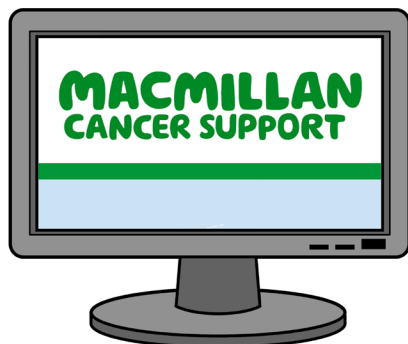
0808 808 00 00

7 days a week from 8am to 8pm.



- If you use a textphone, you can call:

18001 0808 808 00 00



- Or go to the website

macmillan.org.uk

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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