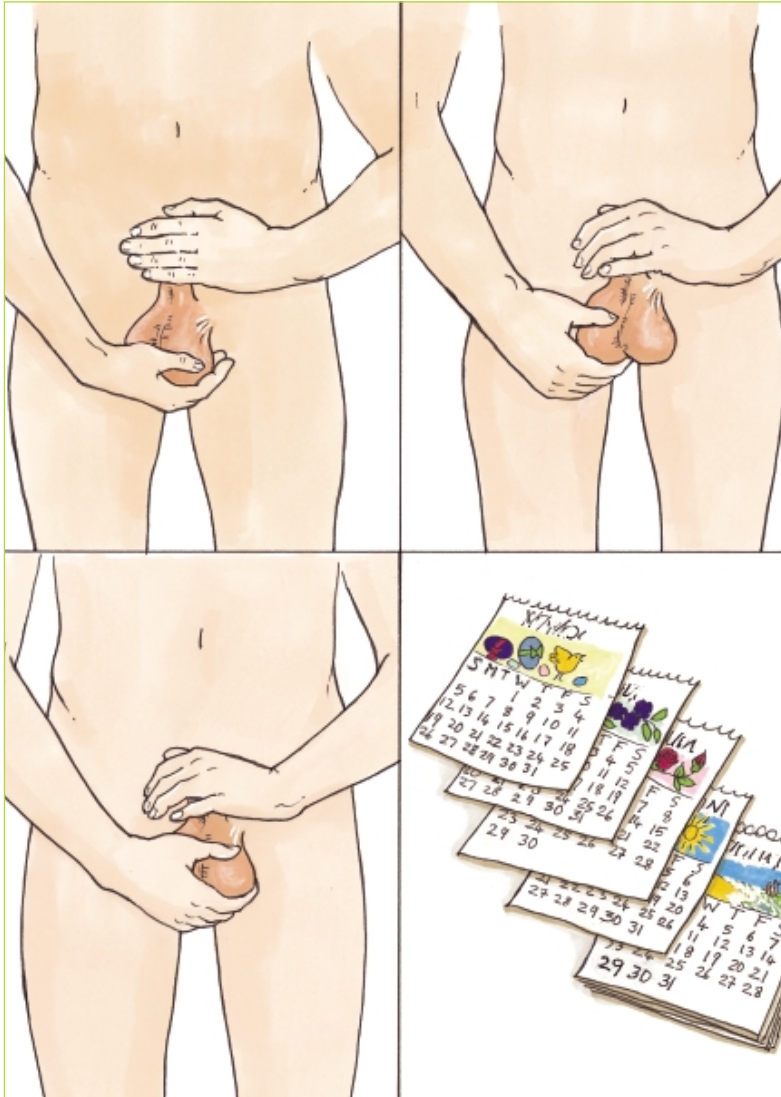


## How to Look After My Balls



You can photocopy pages i to vii to use as a leaflet. You do not need to get special permission to do this and it is free of charge.





Check like this.

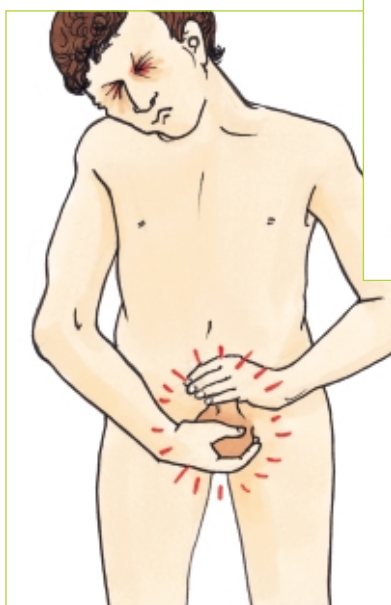
**Check for:**



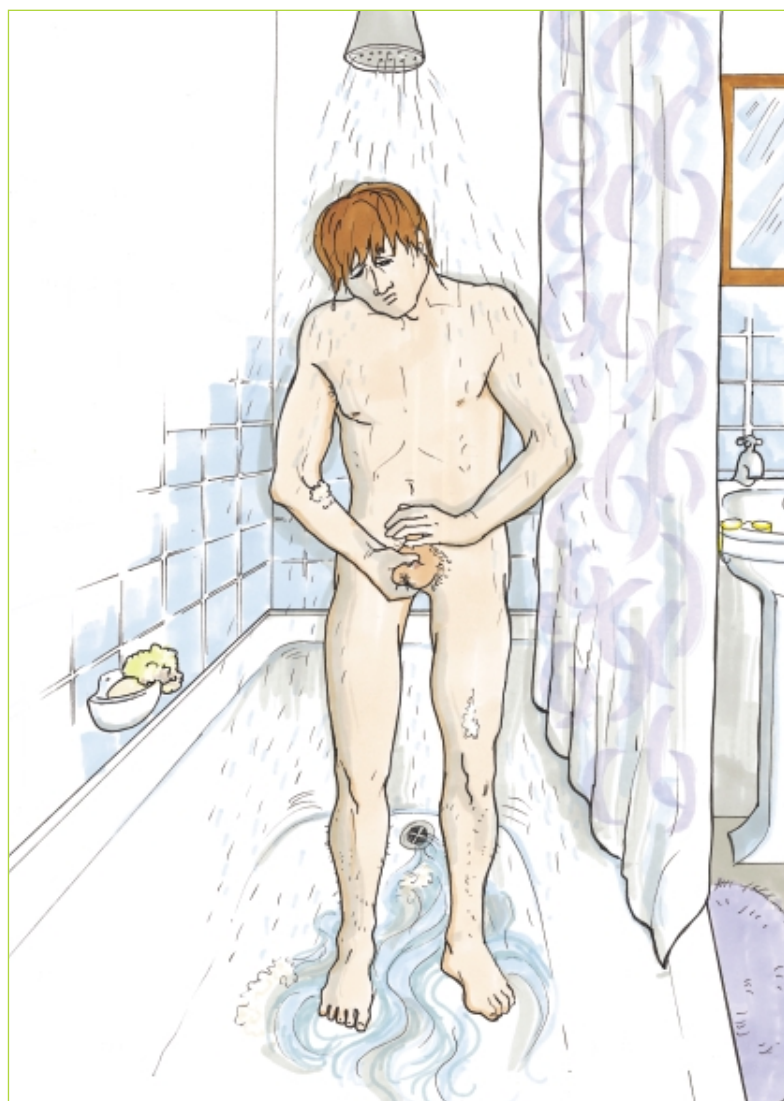
**Lumps**

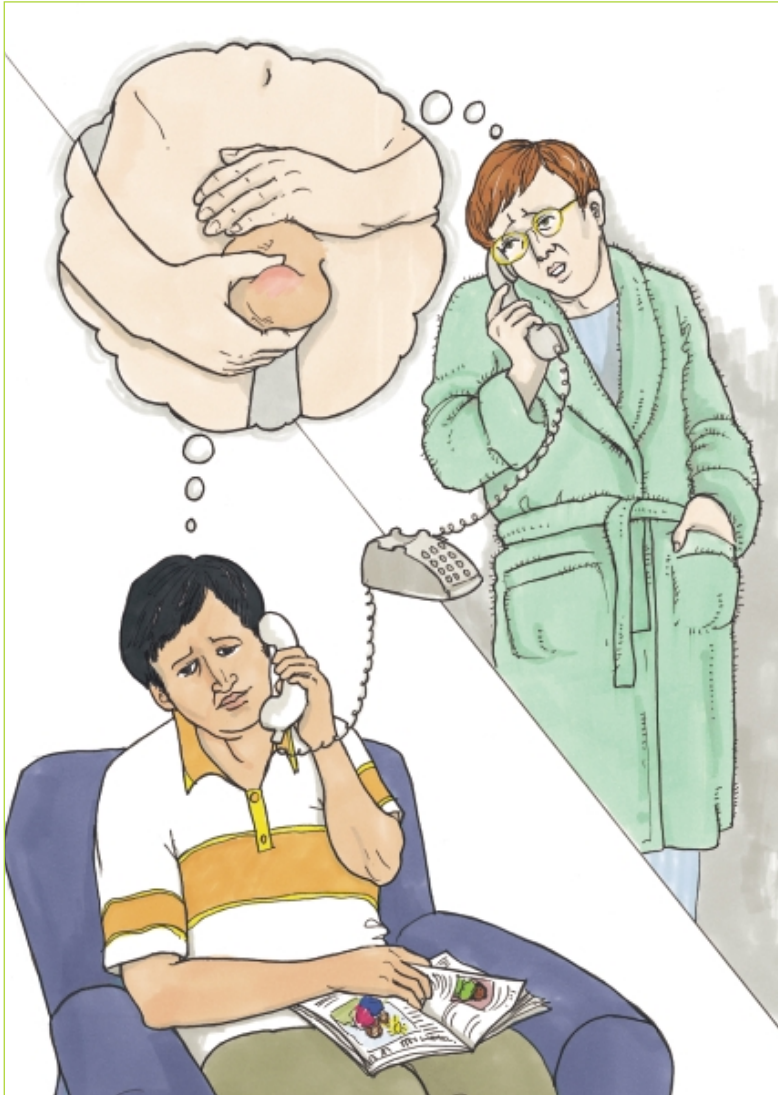


**Swelling (one ball getting bigger)**



**Pain or discomfort**





Ask for help straight away if you find something wrong





Don't wait.  
Go and see your doctor