



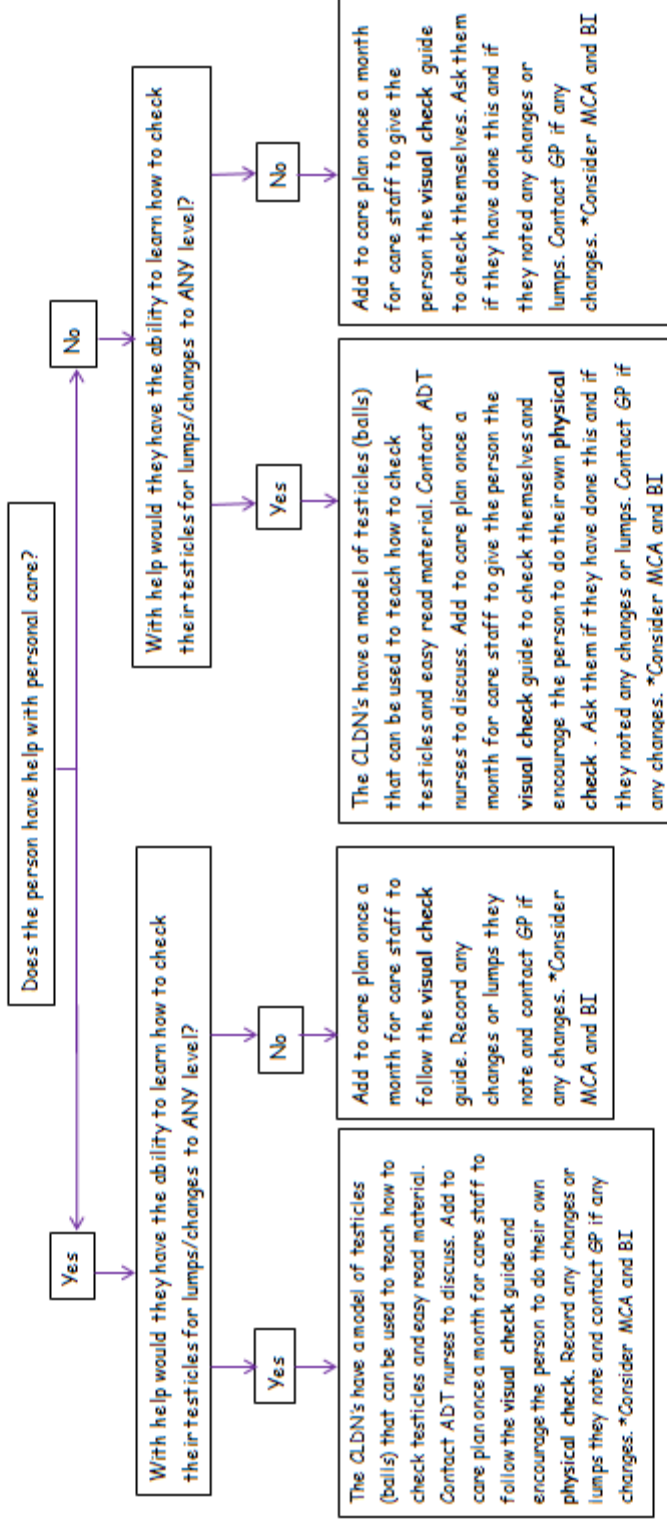
Checking your Testicles for lumps.



This and other useful information about how to stay healthy is on
www.hertfordshire.gov.uk/Idmyhealth

A Guide for checking testicles (balls)

Each year in the UK, around 2,200 men are diagnosed with testicular cancer. It is more common in white men and in younger to middle-aged men. Treatment for testicular cancer is very effective and nearly all men are cured. Like other cancers, it isn't infectious and can't be passed on to other people.



*It is important to consider mental capacity and act in the person's best interest if the person is not deemed to not have capacity around this decision. C.U.R.B. can be used to help aid your assessment regarding capacity. [communicate Understand Retain Balance]

Testicle (ball) Checks



People with a learning disabilities can have an annual health check at their Doctors. This may be the only time they have an opportunity to have a physical testicle check.

Many people with a learning disability will not have the ability or mental capacity to know how and why to check their own testicles (balls) regularly for changes which may indicate testicular cancer. This puts them at a greater risk, as early diagnosis is key to successful treatment.

Carers are not able to do physical checks however they can do visual checks on people they provide personal care for. These visual checks can be built into personal care plans to ensure these checks are completed regularly and any changes are checked out with their GP.

Why check your testicles? (balls)

Testicular (ball) cancer is the most common cancer in men between the ages of 15 and 35. Men with a learning disability are more likely to die from this than men without a learning disability. One reason is because they are less likely to go to the doctor if they find a change in their testicles (balls) If they do not check themselves regularly or understand how important this is they are at greater risk.



- It's important to check your testicles (balls) every month so you can get to know the normal size and shape of your testicles (balls) this will make it easier to tell if something feels different in the future.



If you notice any

- swelling
- lumps
- changes in the size or colour of a testicle (ball),
- or if you have any pain or achy areas in your groin,



let your doctor know right away!

Lumps or swelling may not be cancer, but they should be checked by your doctor as soon as possible. Testicular cancer is almost always curable if it is caught and treated



It's best to check your testicles (balls) during or straight after a hot shower or bath. The scrotum (skin that covers the testicles) is most relaxed then, which makes it easier to examine your testicles (balls)

What To Do

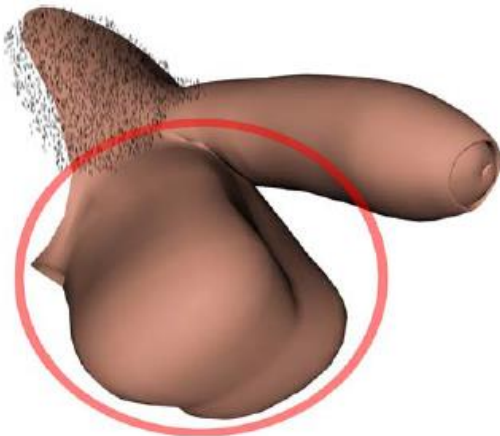


Once a Month everyone should check their testicles :-

- 1. Look at the Guide for checking testicles and make a monthly testicle check plan from this**
- 2. If you wash and dress independently, then once a month someone who supports you should laminate a copy of both the physical and visual check guides and remind you to do this. You or they should fill in the recording form.**
- 3. If you have help with washing and dressing then the person who helps you should laminate a copy of both the physical and visual check guides and should do the visual check with you. They should encourage you to do as much of a physical check on yourself as you can. They should fill in a recording form.**
- 4. Carers must consider your capacity and where someone lacks capacity to understand why visual checks are carried out, they should evidence that a best interest decision has been made.**

Doing a visual testicle (ball) check

- Testicular cancer is the most common cancer in males between the ages of 15 and 35.
- It's important to check your testicles (balls) every month so you can get to know the normal size and shape of your testicles (balls) this will make it easier to tell if something feels different in the future.



If you notice any

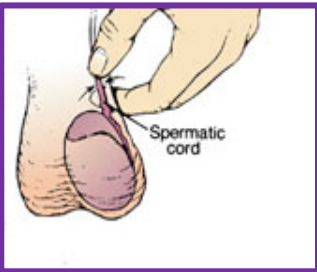
- Swelling
- Lumps
- Change in the size or colour
- Pain or aches in that area

let your doctor know right away!

Lumps or swelling may not be cancer, but they should be checked by your doctor as soon as possible. Testicular cancer is curable if it is caught early and treated



Doing a physical testicle (ball) check



- Check one testicle (ball) at a time.
- Use both hands to gently roll each testicle pressing slightly between your fingers.
- Place your thumbs over the top of your testicle (ball), with the other fingers of each hand behind the testicle (ball), and then roll it between your fingers and your thumb.
- You should be able to feel the epididymis (the sperm-carrying tube), which feels soft, rope-like, and slightly sensitive when you press it.
- This can be found at the top of the back part of each testicle. This is a normal lump.

Remember that most men have one testicle (usually the right one) that is slightly larger than the other. This is also normal.

When examining each testicle, feel for any lumps or bumps along the front or sides. Lumps may be as small as a piece of rice or a pea.

Lumps or swelling may not be cancer, but they should be checked by your doctor as soon as possible. Testicular cancer is curable if it is caught early and treated

