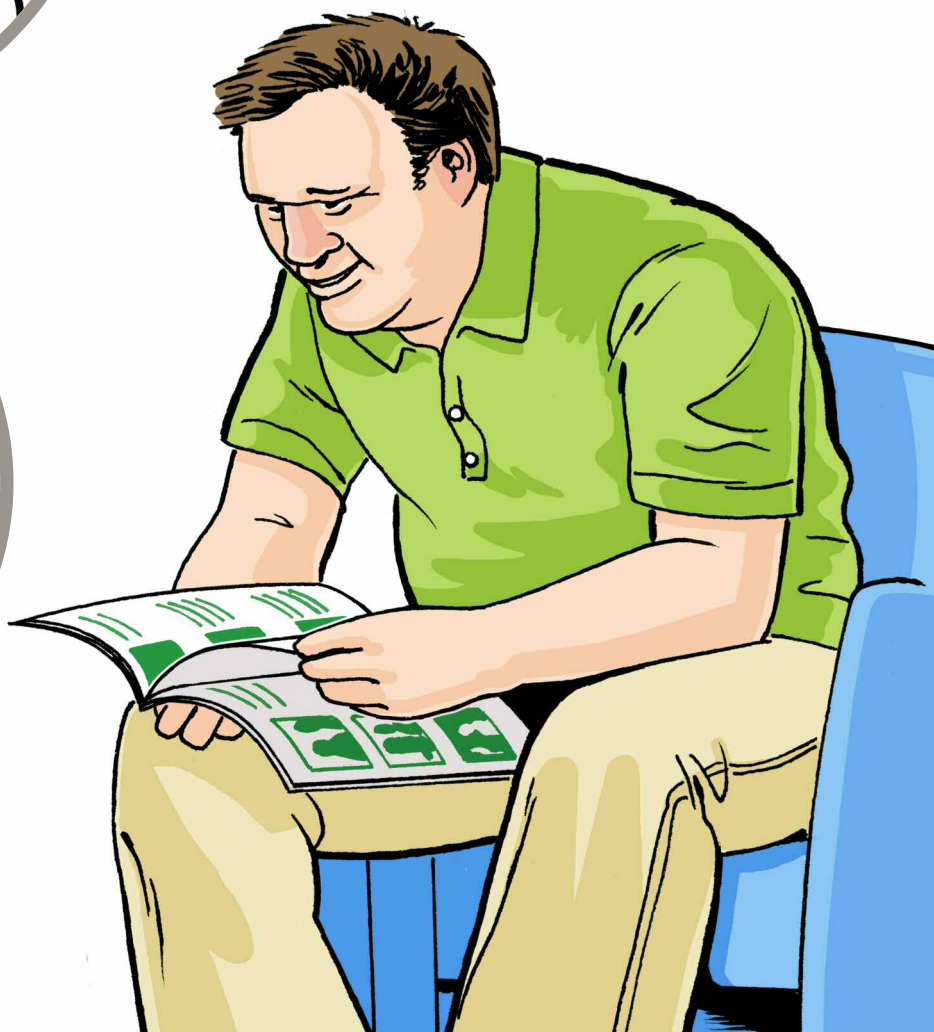


# How to check your balls (testicles)

Symptoms, Screening and Staying Healthy



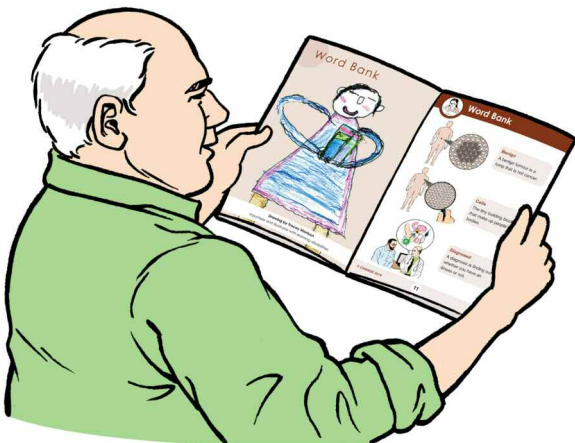
# Introduction

This booklet uses easy words and pictures to help you get information about cancer.

You might want someone to help you look at the booklet so you can talk about it.

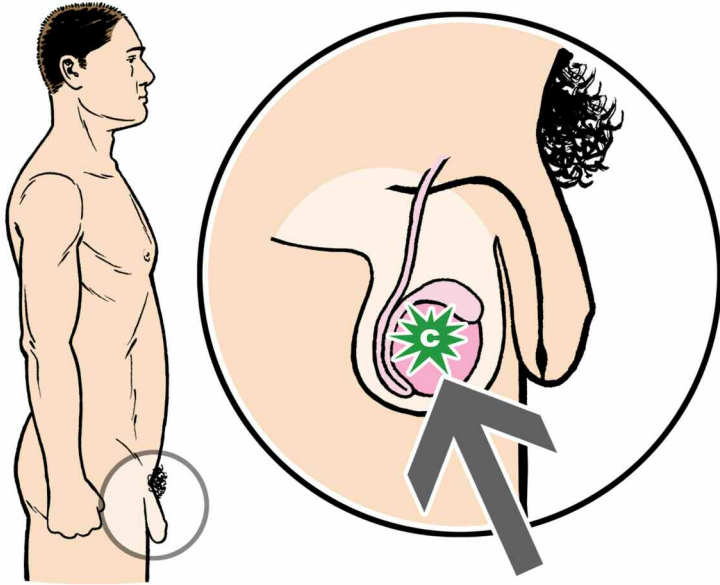
There is a Word Bank at the back of the booklet to help with hard words. Any words in **bold** you can find in the Word Bank.

This booklet can help you learn about cancer. But this is not the same as talking to your doctor. If you are worried about your health, you should talk to a doctor or nurse.

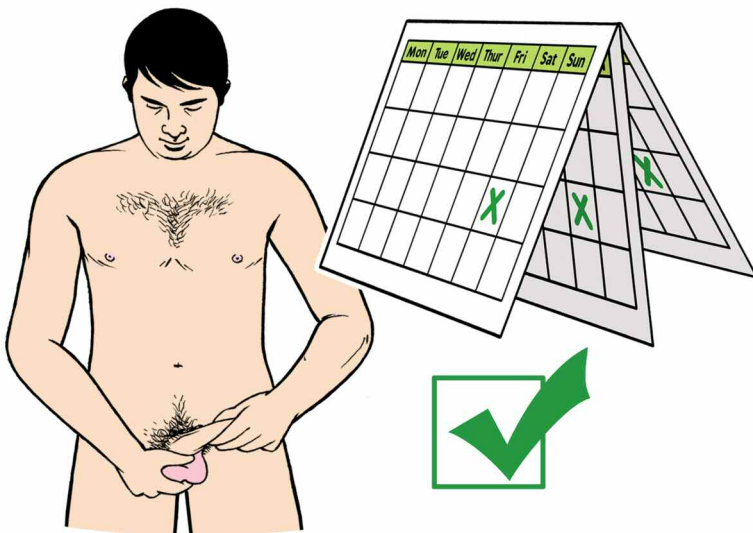




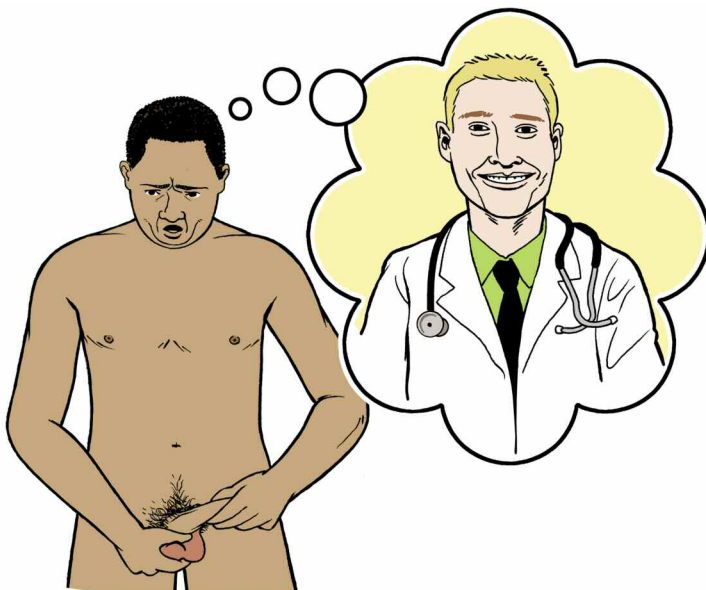
# How to check your balls (testicles)



A common cancer for men aged 15 to 45 is cancer of the balls (**testicles**).



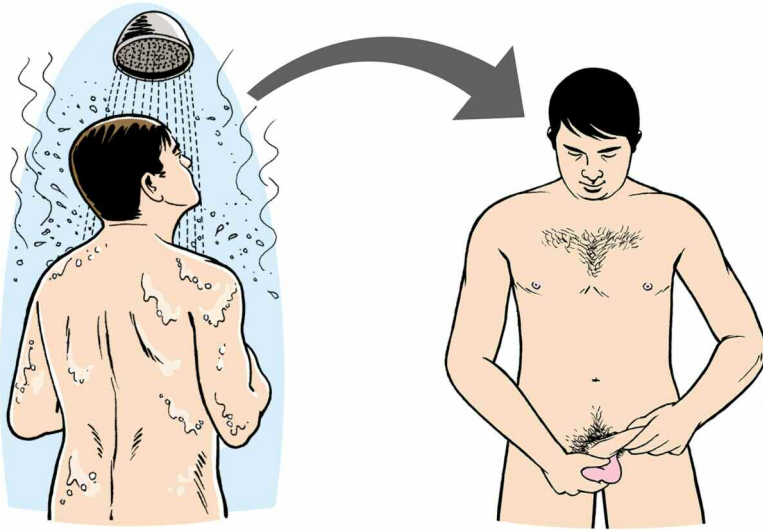
You should check your balls at least **once a month** for lumps or swellings.



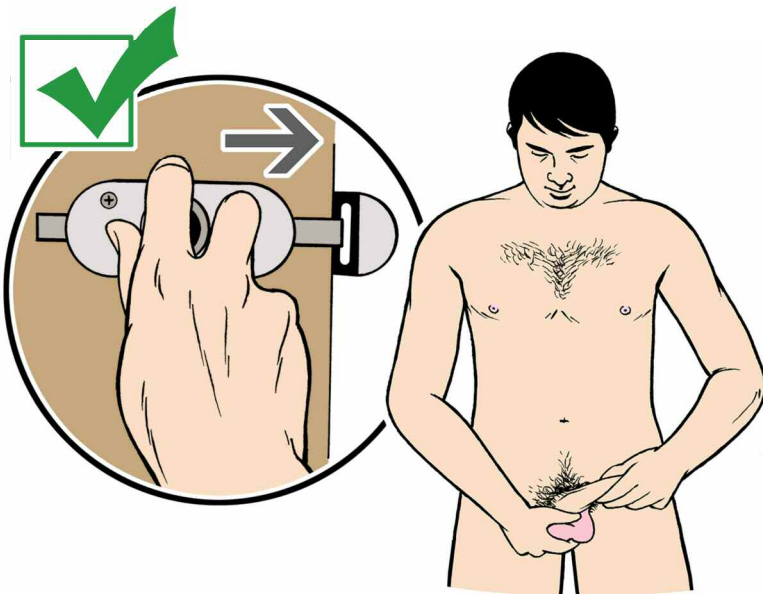
Cancer of the balls is easier to treat if you find it early.



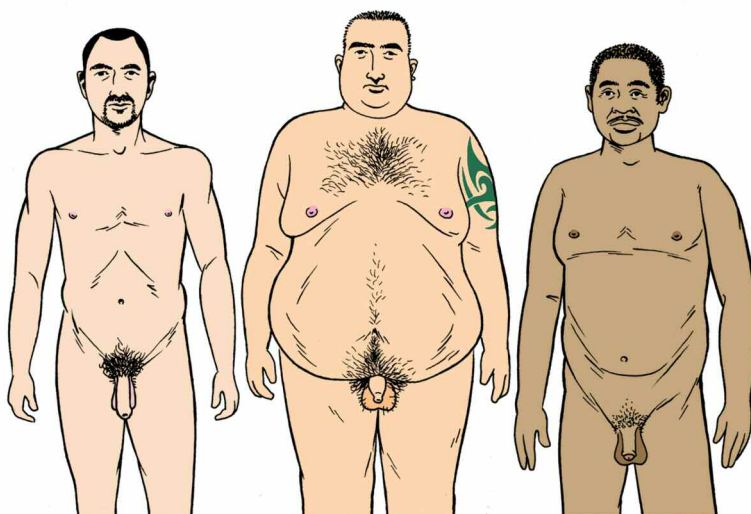
# How to check your balls (testicles)



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.



Every man's body is different. You should know what is normal for you.



# How to check your balls (testicles)

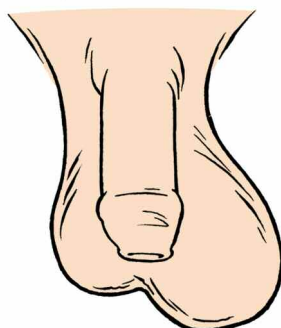
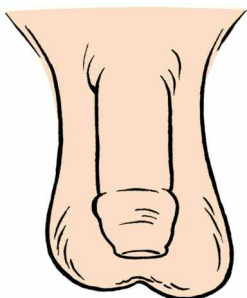
## How to check your balls



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



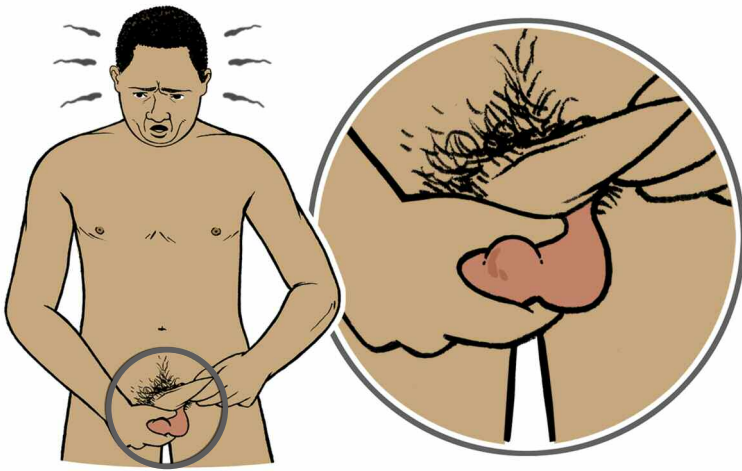
Then carefully check for any lumps or changes in size. Roll each ball between your finger and thumb.



They should be almost the same size and weight.

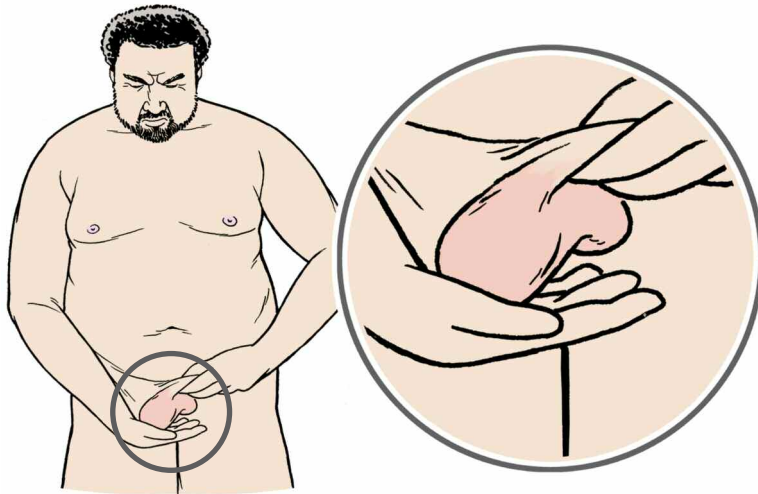


# How to check your balls (testicles)



There may be something wrong if:

- You find a lump



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



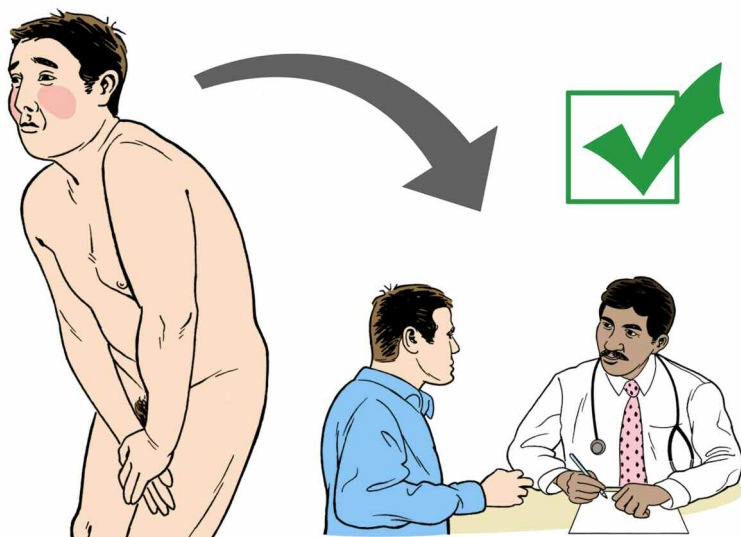
- There is pain when you touch them



# How to check your balls (testicles)



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



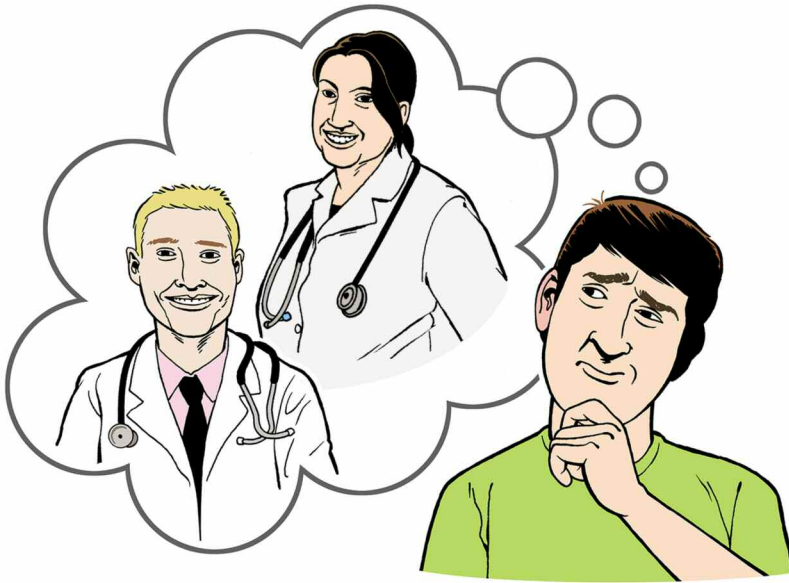
You may feel shy when talking about what is wrong. But it is very important to get checked.



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



# How to check your balls (testicles)



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



# Word Bank

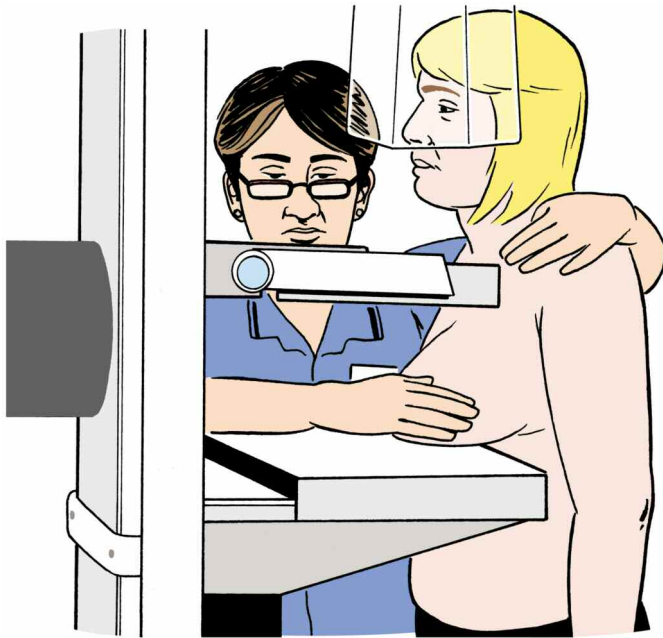


**Drawing by Tracey Harrison**

Volunteer and Illustrator with learning disabilities



# Word Bank



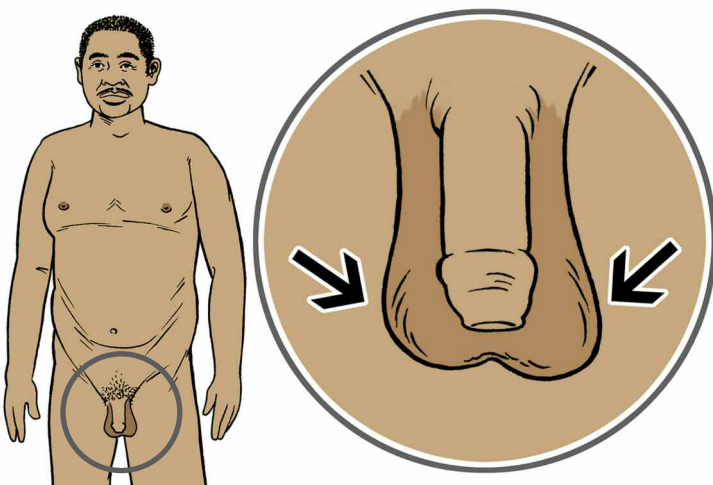
## Screening

These are special tests that can sometimes find cancer early.



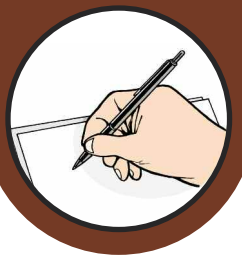
## Symptoms

Signs in your body that tell you something is wrong, like feeling tired all the time.



## Testicles

The testicles (or balls) are behind the penis in a pouch of skin. Semen and sperm are stored in the testicles.



# Notes

A series of horizontal dotted lines for writing notes.

# Useful contacts



**Drawing by Tracey Harrison**

Volunteer and Illustrator with learning disabilities



# Useful contacts

## Helpful organisations

### **Brook**

Brook gives young people free, confidential information about health, sex and relationships. Find your local Brook centre on their website.

**Web:** [www.brook.org.uk](http://www.brook.org.uk)

### **Cancer Research UK**

A charity that is researching treatments for cancer. Its website has lots of information about cancer.

**Phone:** 0808 800 4040

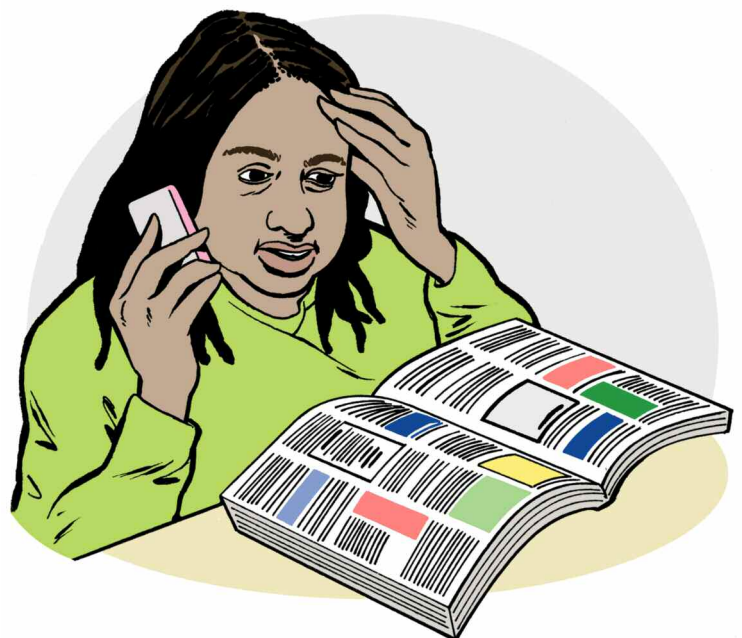
**Web:** [www.cancerresearchuk.org](http://www.cancerresearchuk.org)

### **Macmillan Cancer Support**

A charity that helps people who have cancer. They give practical, medical and financial support. They try to make cancer care in the UK better.

**Phone:** 0808 808 00 00

**Web:** [www.macmillan.org.uk](http://www.macmillan.org.uk)





# Useful contacts

## NHS Contacts

These contacts give you information about your health and health services:

England and Scotland **Phone: 111**

Wales **Phone: 0845 46 47**

Northern Ireland **Web: [www.hscni.net](http://www.hscni.net)**

## Paul's Cancer Support Centre

Gives help, information and complementary therapies to people with cancer.

**Phone: 0207 924 3924**

**Web: [www.paulscancersupportcentre.org.uk](http://www.paulscancersupportcentre.org.uk)**

## RESPOND

Gives therapy to people with learning disabilities after trauma or abuse. They also offer training and support to carers.

**Phone: 0808 808 07 00**

**Web: [www.respond.org.uk](http://www.respond.org.uk)**





# Useful contacts

## Written and audio material

### **Books Beyond Words**

A series of picture books for people with learning disabilities. The books talk about cancer, health and bereavement.

**Web:** [www.booksbeyondwords.co.uk](http://www.booksbeyondwords.co.uk)

**Phone:** 020 8877 9799

**Email:** [admin@booksbeyondwords.co.uk](mailto:admin@booksbeyondwords.co.uk)

### **FAIR Multimedia**

Publishes a range of health leaflets, audio discs and CDs for people with learning disabilities. This includes a series on cancer.

**Email:** [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)

**Phone:** 0131 662 1962

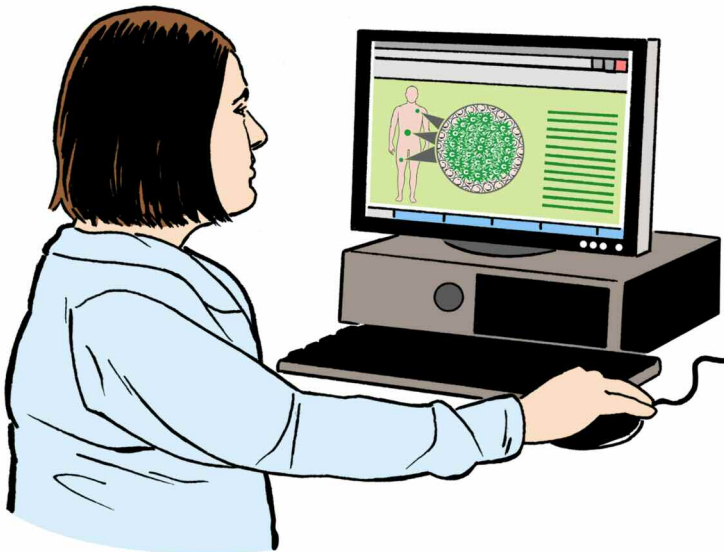
**Web:** [www.fairadvice.org.uk/health-publications.php](http://www.fairadvice.org.uk/health-publications.php)





# Useful contacts

## Online help



### [www.easyhealth.org.uk](http://www.easyhealth.org.uk)

Has lots of online health information that is easy to understand.

### [www.macmillan.org.uk](http://www.macmillan.org.uk)

Has lots of information about cancer and where to get help. You can also talk to other people with cancer in the online community.

## Videos and DVDs

### **Leeds Animation Workshop**

Has animated films on social issues for people with learning disabilities. There is one called 'Getting Better' about going to the doctor and the health clinic.

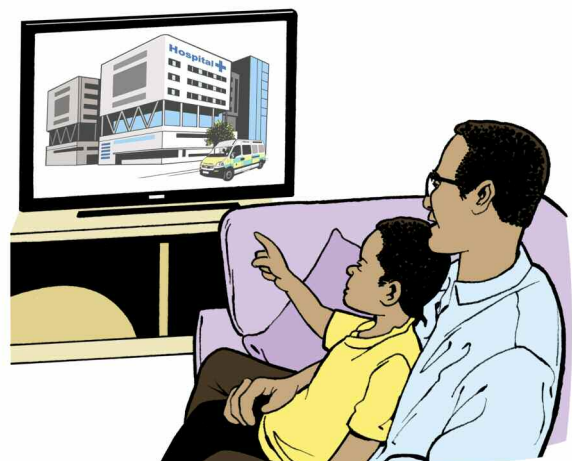
**Phone: 0113 248 4997**

**Web: [www.leedsanimation.org.uk/index.html](http://www.leedsanimation.org.uk/index.html)**

### **Speak Up Self Advocacy**

Has DVDs and booklets for people with learning disabilities about health and illness.

**Web: [www.speakup.org.uk](http://www.speakup.org.uk)**







**CHANGE** is a leading national Human Rights organisation led by disabled people. We work for equal rights for all people with learning disabilities. The cancer books and booklets that CHANGE have produced are part of an ongoing campaign to raise awareness about the issues of cancer for people with learning disabilities. You can call CHANGE on **0113 242 6619**, email **info@changepeople.org** or find us at **www.changepeople.org**

## **WE ARE MACMILLAN. CANCER SUPPORT**

**Macmillan Cancer Support** has reviewed the information in this booklet and paid for it to be produced. They are a charity who help people with cancer. They have nurses and other health workers. They try to make cancer care in the UK better. They have experts who can answer your questions about cancer and how it affects your life. You can call **Macmillan** on **0808 808 00 00** or textphone **0808 808 0121 (Mon–Fri, 9am–8pm)**. Or go to **macmillan.org.uk**

This easy read booklet was produced by CHANGE

© **CHANGE 2016**