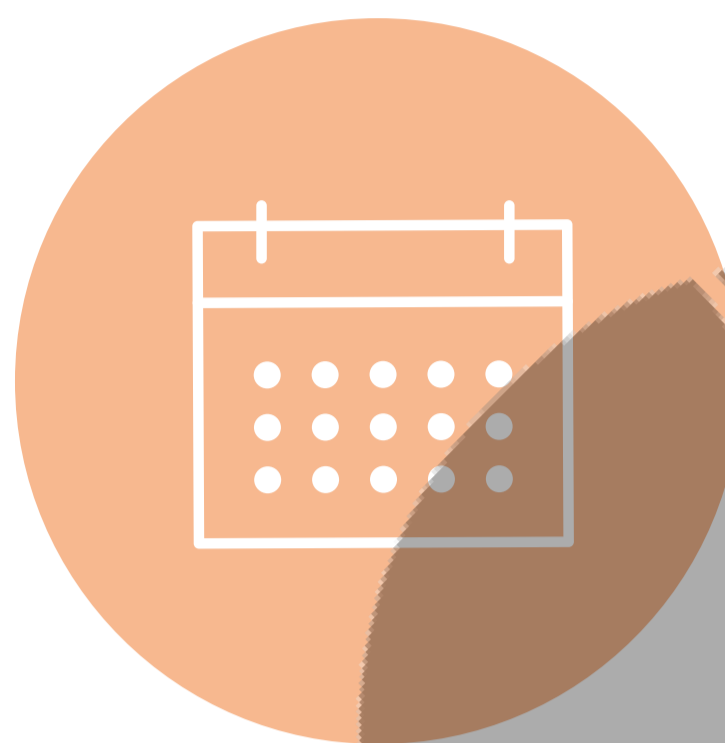# How to check your balls

Self-examination is an important part of your health care.
Learn with us how to examine your balls properly.

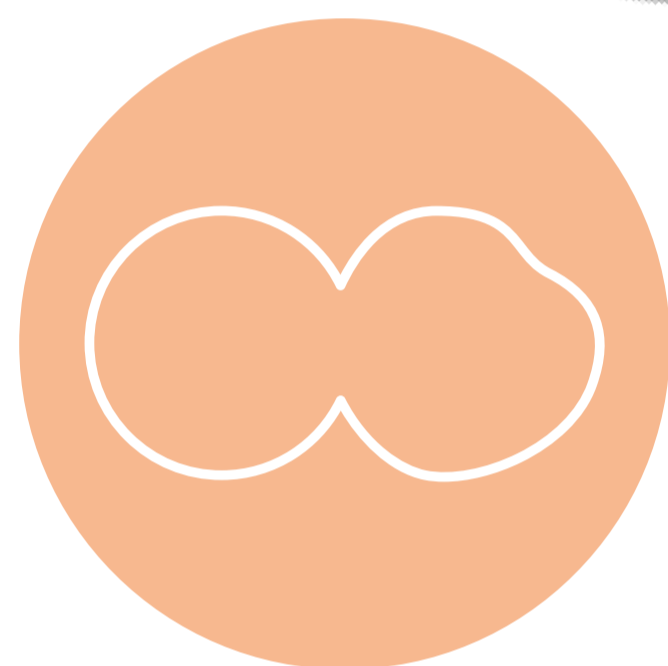**1. Do this examination once a month.**

It's up to you when.

2. Check them in the mirror.

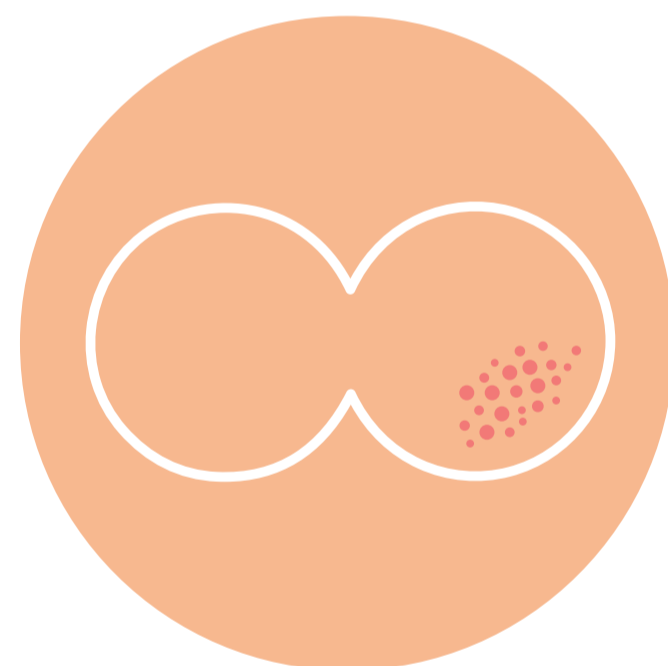Do they look the same as usual?

3. Try to notice:

Shape changes
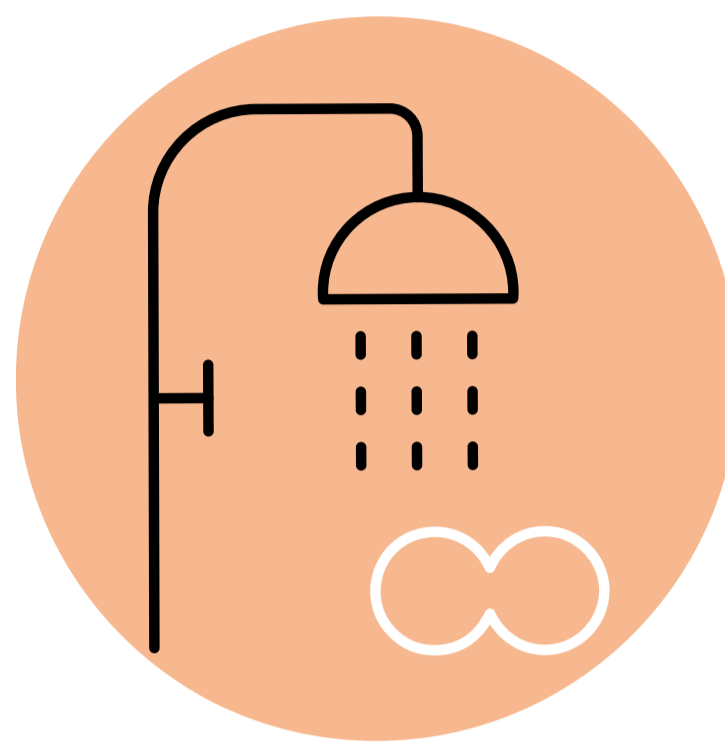
Any changes in size

Lumps

Skin changes

Did you know that up to 99 % of men with testicular cancer can be cured, if they are diagnosed early?

Did you know that up to 30 % of testicular cancer is detected by the partner of the patient? That's why they should know how to check you as well.
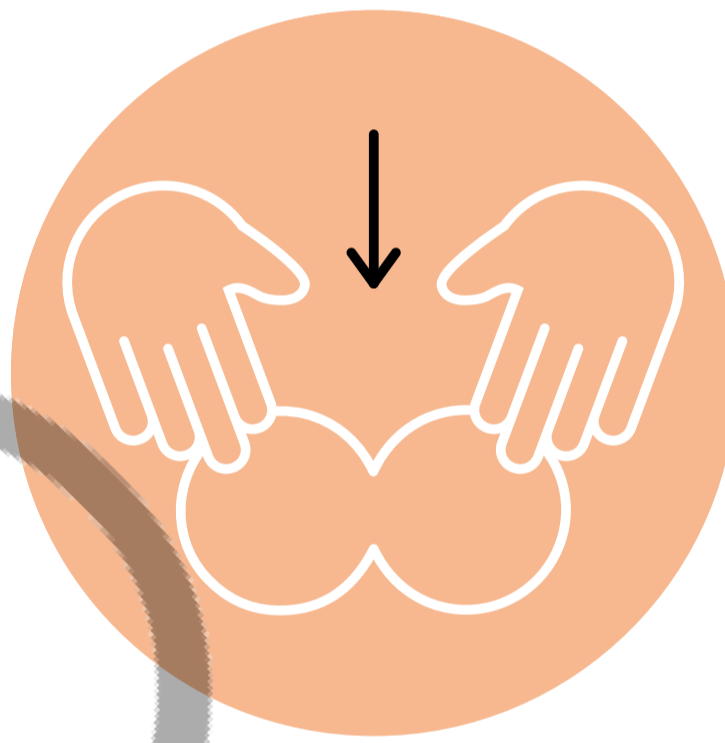
4. Touch them.

TIP: It's best to do so after a hot shower. When they are soft, loose and relaxed.
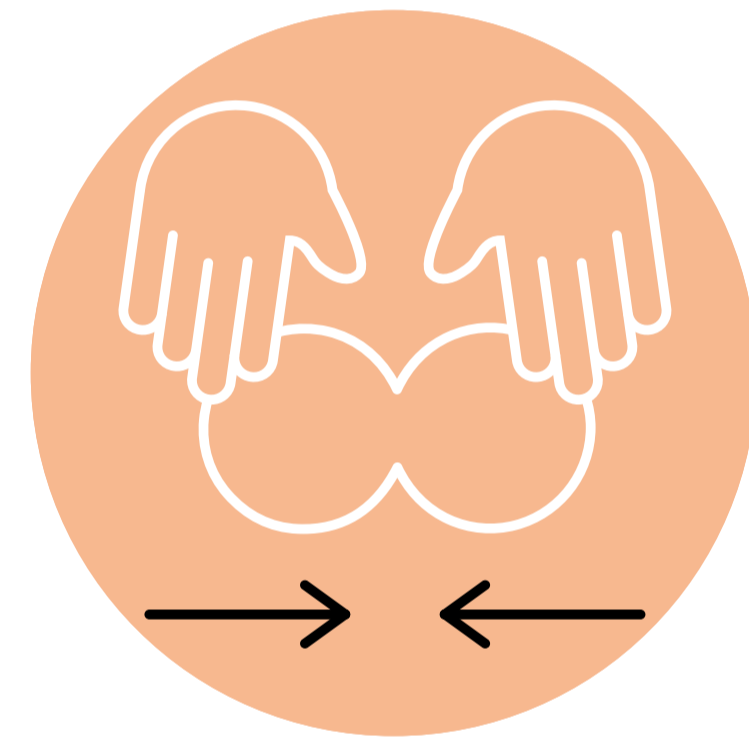
5. Touch them with both hands.

Hold one testis at a time with one hand and gently roll it with the other hand. Thumbs facing front, index fingers and middle fingers facing back.

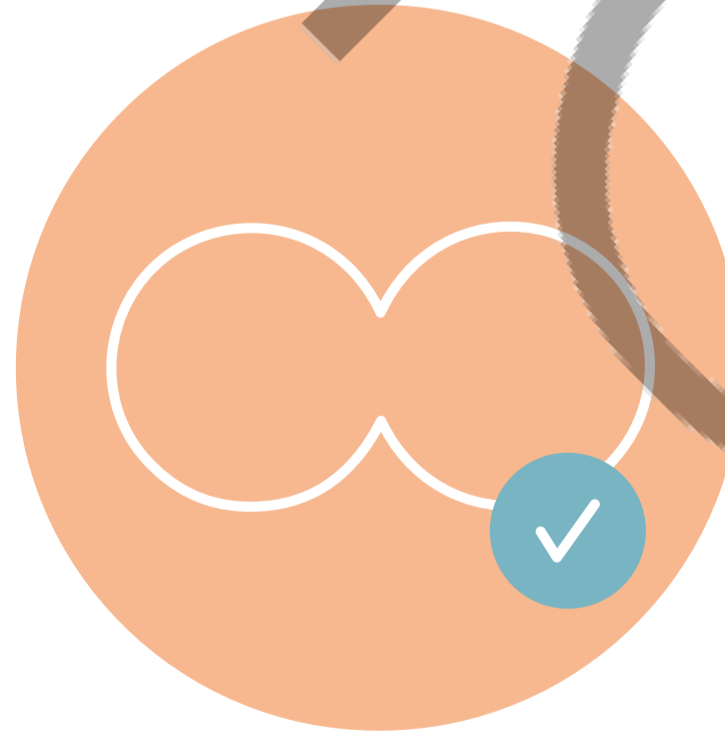**6. Notice any painful spots, skin changes or hard lumps.**

Be thorough. Examine the bottom of the testicles and the space between them. Don't forget to check your epididymis as well, you can find it on the upper back of the testicles.
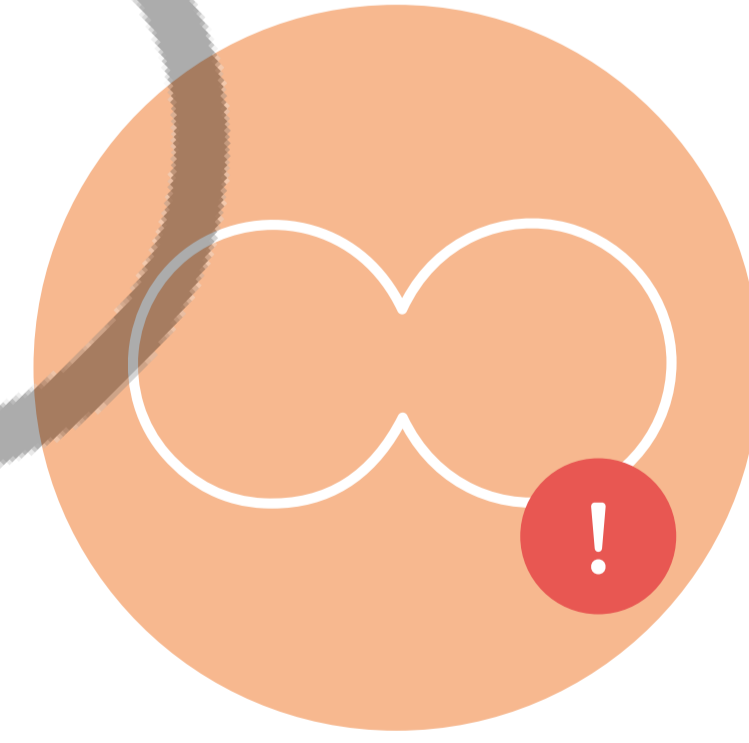
7. A sweet reward.

Finally, take your balls in both hands and casually massage them to be sure you didn't forget to check anything.

8. If you didn't find anything unusual, we are happy for you!

Don't forget to check them again next month!

9. If you feel something is not okay,

don't panic and go to your doctor. Don't look for advice online, it's useless.

Want to know more?

More information about how to take care of your #boobsandballs, heart and reproductive organs, or where to go for a regular check-up at www.loono.cz/en.

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