

Testicular Self-Exam

Best performed monthly
after a warm bath or shower



MALTA
MALE CANCER SUPPORT
ASSOCIATION



ONE

Cup one testicle at a time using both hands



TWO

Examine by rolling the testicles between thumb and fingers



THREE

Familiarise yourself with the tube-like structures connected on the back of each testicle



FOUR

Feel for lumps, changes in size and irregularities. It is normal for one testicle to be slightly larger than the other

**Leading
cancer in
men 15-44**

**Early
detection
is key**



Malta Male Cancer Support

contact@malecancersupport.org

Consult your doctor for advice and join our community for support

VO 2487