

1 IN 8 MEN WILL GET PROSTATE CANCER

It could be a friend, a family member, a colleague, or even you.



CHECK YOUR RISK



or visit
prostatecanceruk.org/risk-checker



TESTICULAR CANCER IS THE MOST COMMON CANCER OF MEN AGED 15 - 49 IN THE UK



A painless lump in one of the testicles



A painless swelling in one of the testicles



A change in shape or texture of the testicles



A dull ache in the testicles or scrotum

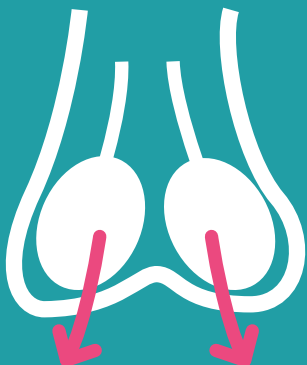
HOW TO CHECK



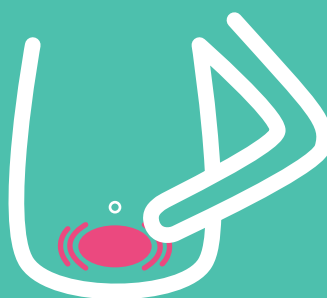
or visit itsinthebag.org.uk/ball-checking/why-check/



A sharp pain in the testicles or scrotum




A feeling of heaviness in the scrotum



Pain in your lower back or abdomen



An increase in the firmness of a testicle



A MAN DIES BY SUICIDE EVERY 2 HOURS IN THE UK

If you're struggling, or if you're
worried about someone else,
help is available.

SPEAK TO SAMARITANS

116 123

or visit www.samaritans.org