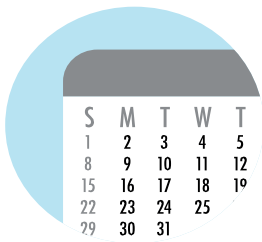


for him

self-check testicle exam



Get into the habit of detecting early stages of testicular cancer by completing a self-check exam monthly.



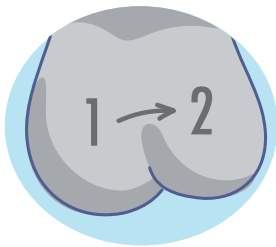
Once a month at
least once a month



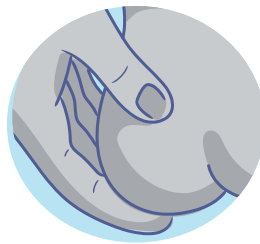
Perform the test
in the shower



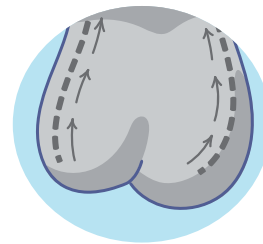
Soap yourself up



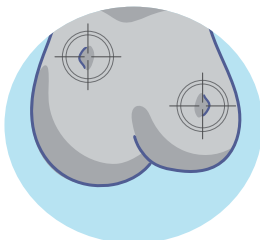
Check one testicle at
a time



Gently roll it between
the fingers



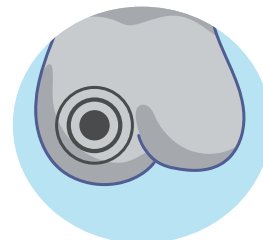
Feel up the spermatic cords
on the back side of testicles



Look for hard lumps,
smooth or rounded bumps



Changes in size, shape
or consistency



or any painful areas

Call LifeAssist if you have any questions about Men's Health.
Confidentiality is guaranteed.



If you would like to speak to a health coach,
call 0860 72 22 72 or WhatsApp +27 61 438 7903
for free advice.

Your Health and Wellness Matters!

voluntary • private • confidential