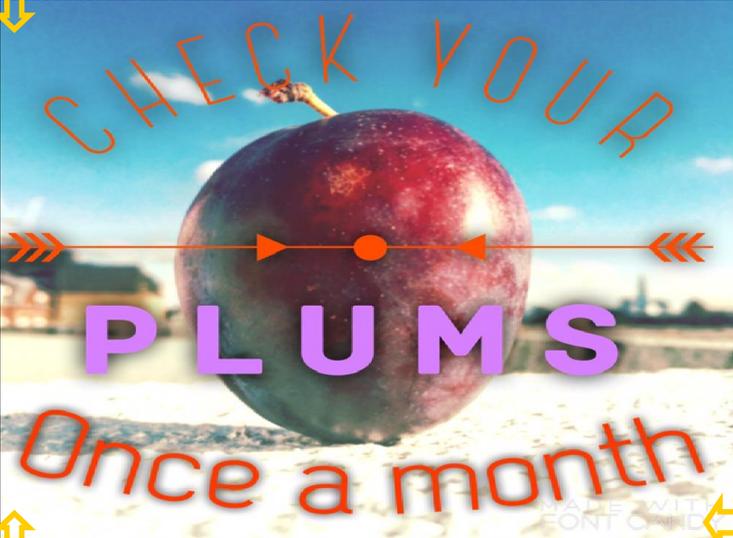


ACTION UPDATE MEN'S HEALTH



Fold 3



It can be a difficult to talk about men's bits & bobs but man-up and

HOLD YOUR PLUMS!

Around 2,200 men are diagnosed with testicular cancer each year in the UK. It's nearly always curable, particularly when it's found and treated early.

"Theirs not a lot of information out there. All the information I got on testicular cancer was from This Morning on telly."
Groundswell Peer Advocate

This update contains easy steps you can take to keep check on your testicles so that if something isn't right you can get it checked out asap.

"I would find it difficult to talk to woman about it and would feel better talking to a man. You can ask to see a male health professional" Groundswell Peer Advocate

Things to look out for:

At first look check for a small pea size lump on your testicles. The best advice is to get to know the look and feel of them so if you notice any changes you can get them checked out immediately.

What's normal?

- Your testicles Should be firm, smooth and pain free.
- It's normal for one testicle to be larger than the other.

What's not?

- If they are heavier than normal or have changed shape.
- Lumps or any type of swelling
- Any pain - whether aches, soreness, or a dull pain.



Groundswell

Groundswell exists to enable homeless and vulnerable people to take more control of their lives, have a greater influence on services and to play a full role in our community.

Homeless Health Peer Advocacy

Groundswell works to improve the health of homeless people. Peer Advocates, who have been homeless themselves, can go with you to physical health appointments to help you to get the best service from the NHS. Practically we can offer you:

- Help to make health appointments
- Go with you to your health appointments
- Pay for your travel fares if needed.

Find out more at: www.groundswell.org.uk

Call our office on: 03000 039 600.

Email us at: info@groundswell.org.uk



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Trust for London
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ACTION UPDATE!

MEN'S HEALTH

4 EASY STEPS TO CHECKING YOUR PLUMS



STEP 1: LOOK

Check your testicles just after you've had a bath or shower, when the muscles in the scrotum are relaxed, making it easier for you to feel any lumps, growths or tenderness. Stand in front of the mirror. Look for any swelling on the skin of your scrotum.



Step 2: FEEL

Feel each testicle and roll it between your thumb and finger. It should feel smooth. It's normal to feel a soft, tender tube towards the back of each testicle. You shouldn't feel any pain when checking your testicles.



Step 4: REPEAT

Once familiar with how your testicles feel, keep an eye out for any changes. If you find something has changed, don't freak out, just see a doctor as soon as possible.



Step 3: HOLD

Hold your scrotum in your hands and feel the size and weight of each testicle. It is common for one testicle to be slightly larger or hang lower than the other.

See your GP as soon as possible if you notice anything different or have any concerns about your testicles. For more information check out the following sources:

Cancer Research

www.cancerresearchuk.org/about-cancer/type/testicular-cancer
or call 020 8994 9874

NHS Choices

www.nhs.uk/Conditions/Cancer-of-the-testicle or call 111.

