


- examine yourself regularly
- young men are most at risk
- lead a healthy lifestyle
- don't wait – visit your doctor
- playing sports is good for you
- most lumps are harmless



**KNOW YOUR  
BALLS...  
CHECK 'EM OUT!**  
Understanding Testicular Cancer

If you are not sure and want to check  
with someone regarding men's cancers,  
contact this confidential helpline number:  
**CancerBACUP 0808 800 1234**  
or visit the Orchid website for advice:  
[www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)

**ORCHID**   
FIGHTING MALE CANCER

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