

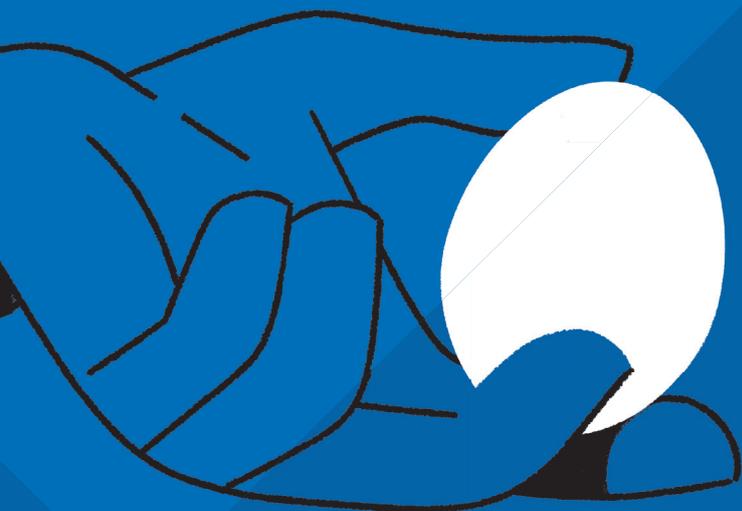
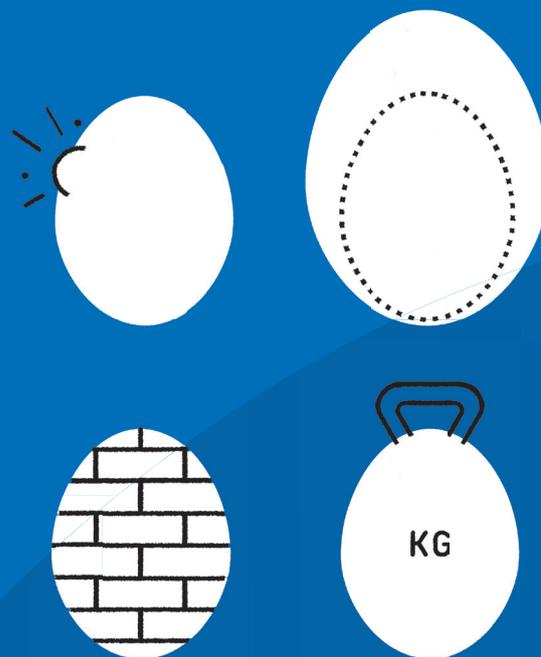
# 98% of testicular cancer cases are curable if caught early.

Here's a quick monthly check.

## Check One

Stand and cup your testicles in the palm of your hand.

Do they feel:  
heavier than usual?  
bigger than usual?  
more lopsided than usual?



## Check Two

Roll each testicle between your index / middle fingers and your thumb.

Do you feel:  
a hard lump?  
any swelling or enlargement?  
any unusual hardness?

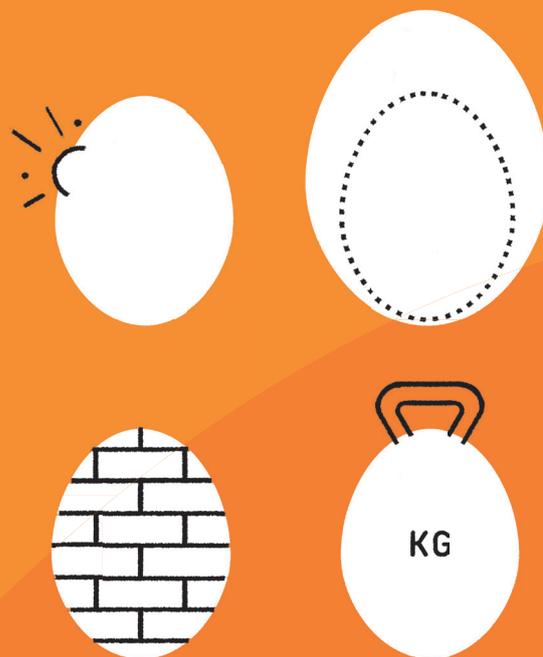
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