

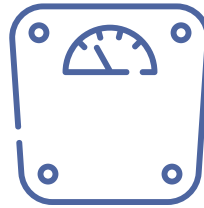
# MEN'S HEALTH AWARENESS



THINK ABOUT  
YOUR HEALTH



DON'T  
SMOKE



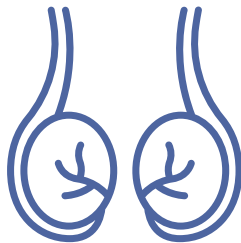
WATCH YOUR  
WEIGHT



EAT  
WELL



BE  
ACTIVE



CHECK YOUR  
TESTICLES



DRINK  
SENSIBLY



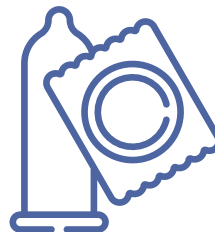
LEARN TO  
MANAGE STRESS



MIND YOUR  
BACK



SIT  
CORRECTLY



PRACTICE  
SAFE SEX



SEE YOUR  
DOCTOR

## 3 STEPS TO THE MONTHLY TESTICULAR SELF-EXAM

**1** Best done after a warm shower or bath, when your scrotum is relaxed. If possible, stand in front of a mirror. Check for any swelling on the scrotal skin.

**2** Examine testicles with both hands. Place your index and middle fingers under the testicle with the thumbs placed on top. Firmly but gently roll the testicles between your thumbs and fingers to feel for irregularities on the surface or texture.

**3** Find the epididymis, a soft rope-like structure on the back of the testicle. If you are familiar with this structure, you won't mistake it for a suspicious lump.

**IF YOU NOTICE ANY  
IRREGULARITIES,  
TELL YOUR DOCTOR  
IMMEDIATELY.**