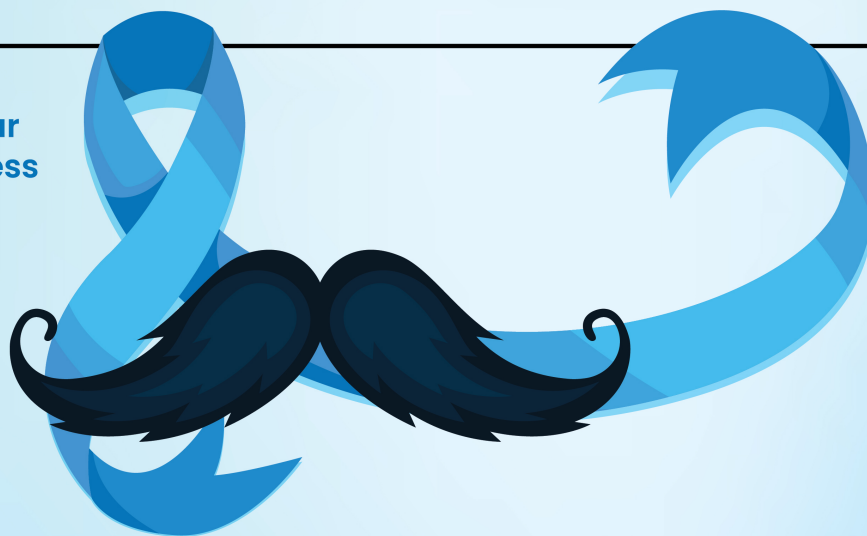




HOW TO SELF-EXAMINE YOUR **TESTICLES!**

A quick monthly self-exam could make all the difference.



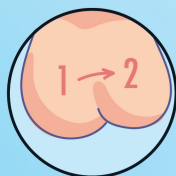
Check your testicles
at least once a month



Perform the exam
during a shower



Use soap to make it
easier to feel changes



Examine one testicle
at a time



Gently roll each testicle
between your fingers

If during the self-exam you feel any lumps, pain, or
changes in size or skin texture, visit your doctor or call
Telemedicine on 21 231 231.

Your life matters. A quick self-exam today
could safeguard your tomorrow.



GOVERNMENT OF MALTA
MINISTRY FOR HEALTH
AND ACTIVE AGEING



Health Promotion & Disease
Prevention Directorate