

DON'T DELAY check your balls today!

I can hear the collective groan of young men right across Tasmania at just the thought of talking about their balls. However, did you know that testicular cancer is the most common cancer diagnosed in men aged 15-34? The rate of men diagnosed with testicular cancer has grown by more than 50% over the past 30 years, however the reason for this is not known.

The good news is, if found early, testicular cancer is one of the most curable cancers. Cancer Council Tasmania has developed a resource for young men to remind them of the importance of self-checking, called 'DON'T DELAY check your balls today!'. The resource is a pocket sized how-to guide to checking your balls for any unusual lumps, swelling, hardness or pain, reminding men that if they do detect a change, to head straight to the doctor.

You can view the resource here http://www.cancertas.org.au/wp-content/uploads/2019/06/CheckBalls_150x90.pdf



If you think this resource could be useful in your workplace, school or community group please contact Ashlee Walker on 6779 1107 or email awalker@cancertas.org.au to place an order for free!