**Testicular health Information**



Testicular torsion can happen to boys and young men. It is really painful and can also make you feel sick. It happens when a ball (testis) twists inside the scrotum, often for no obvious reason, and needs emergency treatment.

Testicular cancer can happen to boys and young men, too. A new, hard lump develops in one ball (testis), usually without much pain. Check your balls every month so you know what normal feels like for you. If you find a new lump, get it checked out by a GP as testicular cancer is really easy to cure if you catch it early.

Lots more information can be found at:

<https://www.testicularhealth.info/>

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