



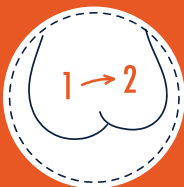
DetecTogether

Check Yourself

Early detection is
in your hands!

TESTICULAR SELF-EXAM

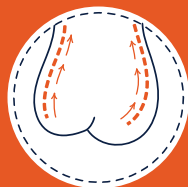
Check yourself in the shower at least once a month.



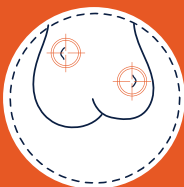
CHECK ONE
TESTICLE AT A TIME



GENTLY ROLL IT
BETWEEN THE
FINGERS



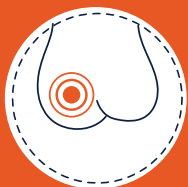
FEEL UP THE
SPERMATIC CORDS
ON THE BACK OF
THE TESTICLES



LOOK FOR HARD
LUMPS, SMOOTH
OR ROUNDED
BUMPS



CHANGES IN
SIZE, SHAPE, OR
CONSISTENCY



OR ANY PAINFUL
AREAS

Turn over the card to learn what to do next.
3 Steps Detect® is a simple road map to
early cancer detection.