

# 10

# things a guy ought to know about his testicles



Canadian Cancer Society

Société canadienne du cancer

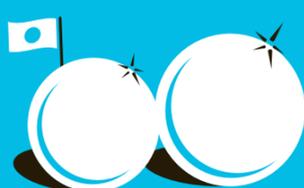
They're dangly and they follow you wherever you go. What else do you need to know about your balls? You might be surprised. How about a round of testicle trivia? It's not only fun at parties, it'll help you keep in touch with what's going on with your body. And that's no trivial matter.



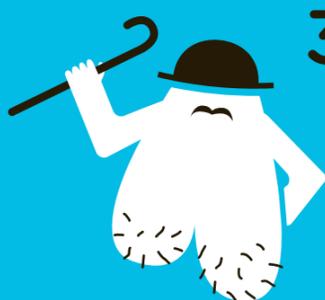
## 1. Napoleon Bonaparte had only one testicle.

If you want to keep both of yours don't try conquering Europe. Also, make checking your testicles on a regular basis part of your manly maintenance.

## 2. The Japanese slang word for testicles, kintama, is written 金玉, symbols literally translating to "golden balls".



Every guy over 15 should check their kintama regularly to avoid getting in serious shiatsu.



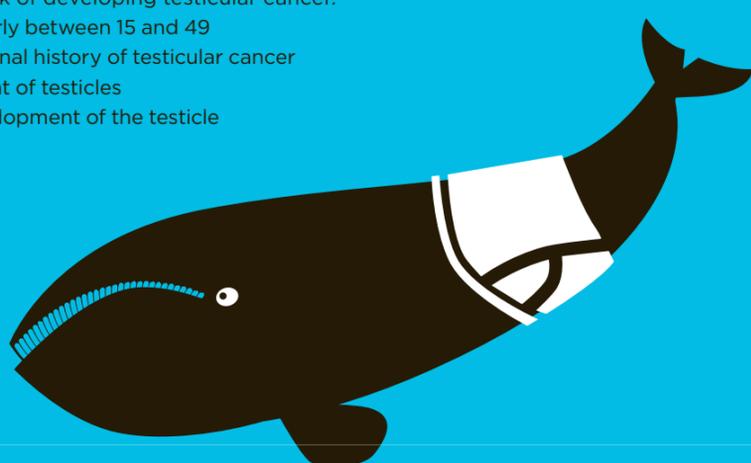
## 3. The left testicle usually hangs lower than the right for right-handed men. The opposite is true for lefties.

Regardless of how yours hang, you should know the factors that increase your risk of developing testicular cancer:

- Age - particularly between 15 and 49
- Family or personal history of testicular cancer
- Delayed descent of testicles
- Abnormal development of the testicle

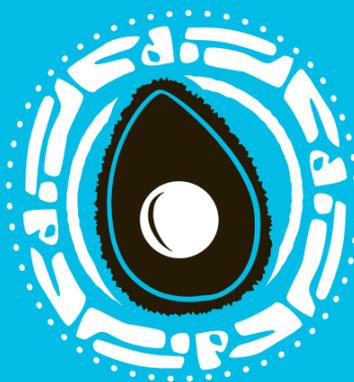
## 4. The testes of a right whale the largest of any animal, each weigh around 500 kg (1100 lb).

Yours should weigh considerably less - between 14 and 19 grams. If you notice any change in size, shape or tenderness of your testicles or scrotum at any time, it's time to get checked out.



## 5. The word avocado comes from the Aztec word for testicles.

Avocados have a hard pit; your testicles shouldn't. A hard lump on the front or the sides of either testicle is a definite warning sign that you should get your avocados some medical attention pronto.



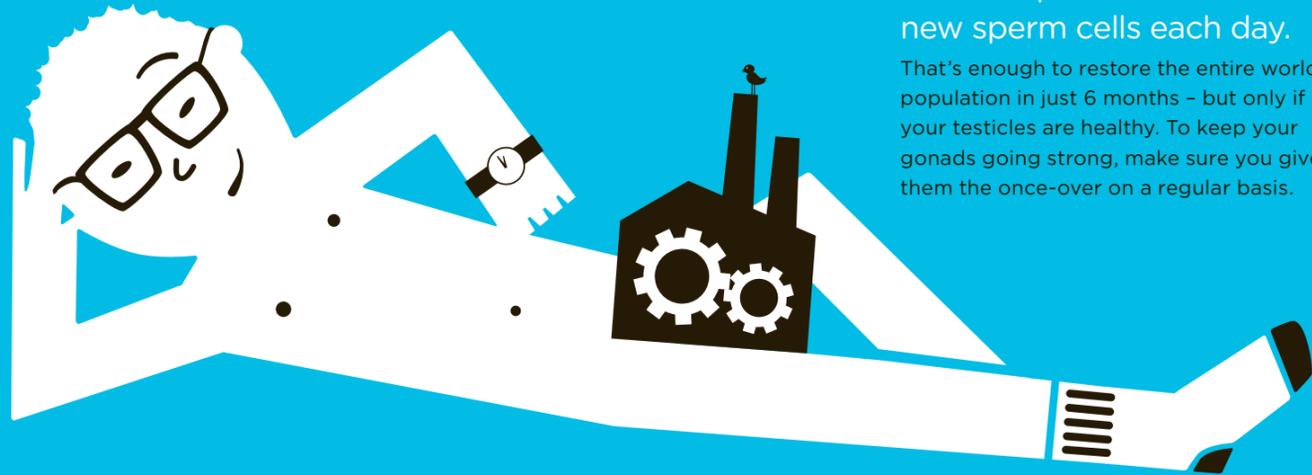
## 6. There are over 15,000 videos listed under "hit in the balls" on YouTube.

Unless you were in one of them, testicle pain isn't normal. Neither is an abnormal, persistent backache, or a dull ache or heaviness in your lower abdomen. If you notice any of these signs, do yourself a favour and get checked. Catching a problem early is way better than getting hit in the balls.



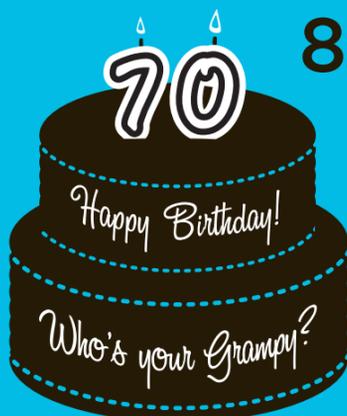
## 7. Testicles produce 10 million new sperm cells each day.

That's enough to restore the entire world's population in just 6 months - but only if your testicles are healthy. To keep your gonads going strong, make sure you give them the once-over on a regular basis.



## 8. At age seventy, 73% of men are still potent.

100% of men should know that testicular cancer is the number one form of cancer found in young men. You should also know that when caught early, it is relatively easy to cure. And the easiest way to detect a problem early is with regular self-checks.



## 9. During mating with the queen bee, the male drone's genitals explode and snap off inside the queen.

If you detect a change or swelling of your testicles or scrotum, see your doctor. They probably won't go boom, but why take a chance?



## 10. Men in ancient Rome would swear on their testicles before testifying in court.

The best time to get to know your testicles isn't just before you appear in court though. The best time for giving your "boys" the once over is right after a bath or shower, when the muscles in the scrotum are relaxed. If you find anything out of order, don't tell it to the judge, tell your doctor.



Visit [cancer.ca/nutfacts](http://cancer.ca/nutfacts) for more information



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