

WHY GUYS NEED TO TALK ABOUT

Pain “Down There”

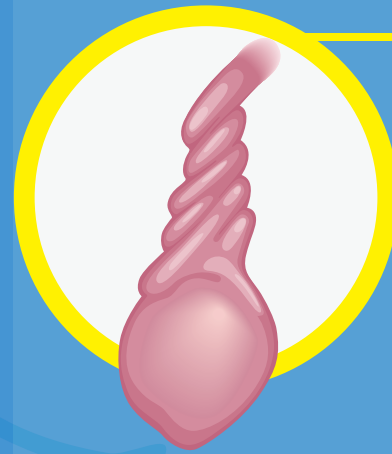
Testicles (“balls”) are important:

They make hormones that help guys grow and develop.

They make and store sperm.



Pain “down there” could be a sign of testicular torsion.



Torsion is when the cord to the testicle twists. This cuts off blood supply.

Most common in guys 12-18



Signs of torsion:

- 1 Sudden, strong pain in a testicle
- 2 Swelling and redness
- 3 Feeling sick or throwing up
- 4 Testicle that hurts may be higher than the other
- 5 Pain may go away but come back again

If you have testicular pain:

Go to the ER right away. Doctors can usually fix a torsion within **4 to 6 hours** after pain starts.



4 to 6 hours

Act fast! If you wait too long, the testicle may need to be removed.

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