



**MOVEMBER®**

# YOUNG MAN'S DISEASE

Testicular cancer is the most common cancer among young men. And rates are on the rise.

# 44% OF MEN

Don't know how to perform a testicular self-examination.

MO BRO ADAM SHAW  
DIAGNOSED WITH  
TESTICULAR CANCER

OUR GUIDE TO CHECKING YOUR NUTS

# KNOW THY NUTS. SIMPLE.

Getting to know what's normal for your nuts on a monthly basis is important, so that you'll know what's up if something doesn't feel right. The difference between early detection and late detection can be life and death.



01  
Get steamy. A warm shower will put your nuts in the mood.



02  
Roll one nut between thumb and fingers to check for lumps, swelling, or pain.



03  
Repeat with the other nut.

## WHAT'S NUT?

Smooth, firm and comfortable to touch. One nut slightly bigger than the other.

—  
The left nut often hangs lower.

## WHAT'S NOT?

Swelling, or a lump.

—  
Nuts feel heavier than usual or have changed in shape or size.

—  
They feel painful.

**If you notice a change in the size or shape, a lump that wasn't there before, or if they become painful to touch, don't panic, but do see a doctor.**

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