



**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

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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.



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



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



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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