

# KNOW THY NUTS

## OUR GUIDE TO CHECKING YOUR NUTS

Testicular cancer is the most commonly diagnosed cancer in young men. Getting to know what's normal, and what's not, for your nuts is important. It's easy - just three simple steps.



**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.

---

### HAVE A FEEL EVERY MONTH OR SO

Your nuts should feel smooth, firm and sensitive but not painful. If something changes or doesn't feel right, talk to a doctor. Don't panic, but do get it checked out.



**MOVEMBER®**

To find out more visit [moverber.com](http://moverber.com)