

**MEDIA RELEASE**

**Why The Mo Must Go, according to Mo Bro Dave**

**29 October 2015**Marine biologist Dave van Beuningen, 28, works for Shark Spotters, the organisation that helps to keep swimmers and surfers safe around the popular False Bay beaches. He is young and fit and healthy – in the prime of his life. Then, just over a month ago, he was diagnosed with testicular cancer.

“It was a shock,” he says. “There is no history of testicular cancer in my family. When I realised that my ball was rock hard, I obviously knew that something was wrong, but there was not much information around about what it could be.”

Like many people, van Beuningen consulted Google before going to see his doctor.

“It seemed like a low chance that it would be cancer,” he says, but Google is not the most reliable of sources!

“It seems like a lot of younger woman are told at a young age that they should check their breasts for lumps, but men, or young boys, are not told to check their testicles for abnormalities. Most of my male friends, including me, had no idea that testicular cancer affects young men, and don’t know what signs and symptoms to look out for.”

When van Beuningen was recovering from his surgery, he decided that he would like to be more actively involved in raising awareness.

“Testicular cancer can grow rapidly, so it needs to be identified early,” he says. “There is an excellent cure rate, but if people are not aware that they could have it, it can be more difficult to treat.”

He had taken part in the Movember campaign for a few years, but more as a fun thing to do than actually taking part and trying to raise money and awareness.

He admits that it was a big decision, because he hadn’t told many people about his illness, but the “incredible support and encouragement” from his girlfriend gave him the courage to go public.

“The response has been amazing,” he says. “My initial target was R10k, but I surpassed that in 24 hours! My new target is R50k.”

Van Beuningen decided to get involved before the month of Movember but he will be very actively involved during the campaign month as well.

“I have a beard and a mo, and I’ll be shaving those off on November 1.”

November is a big month for van Beuningen for another reason. He will be having more tests to find out if the cancer has spread and he needs more treatment.

“There’ll be a clear path mapped out for me depending on what the results are,” he says. “It may be that I need chemo, or I may just need to go for regular checkups to make sure that it doesn’t come back. Either way I am confident that I’ll beat this thing.”

Movember encourages men to become Mo Bros by signing up on [www.movember.com](http://www.movember.com). The rules require each Mo Bro to start 1 Movember clean shaven and to grow and groom a moustache for the entire month, effectively becoming a walking, talking billboard for the 30 days of Movember.

With the support of the women in their lives or Mo Sistas, who are also asked to sign up, Movember is driving the message that early detection is key: annual health checks are vital, along with a monthly testicular self-examination which can help make you aware of your body and able to note any changes.

This year there is also to sign up to MOVE for the 30 days of Movember by incorporating more exercise into your daily routine.

For more information or to sign up as a Mo Bro or Mo Sista visit [www.movember.com](http://www.movember.com) or download the Movember app on your mobile device. Follow Movember on social media: @MovemberRSA on Twitter or facebook/MovemberSouthAfrica.

Through this action of growing a mo, and encouraging others to do the same, Mo Bros prompt private and public conversation around the often ignored issues of men’s health.

**ENDS**



**Factsheet**

**Name:** Dave van Beuningen

**Age:** 28

**Profession:** Marine biologist

**Date of beard (and mo) sacrifice:** November 1

**Biggest question:** Will the untanned skin under the beard and mo create a new hipster fashion trend?

**Movember profile:** <http://mobro.co/theoneballedbandit>

**Motivation:** Dave is young, healthy and has no family history of testicular cancer. He wants to make sure that men have the information and knowledge that they need to ensure that cancer does not take them unawares.

**About Movember:** Movember encourages men to become Mo Bros by signing up on [www.movember.com](http://www.movember.com). The rules require each Mo Bro to start 1 Movember clean shaven and to grow and groom a moustache for the entire month, effectively becoming a walking, talking billboard for the 30 days of Movember. With the support of the women in their lives or Mo Sistas, who are also asked to sign up, Movember is driving the message that early detection is key: annual health checks are vital, along with a monthly testicular self-examination which can help make you aware of your body and able to note any changes. This year there is also to sign up to MOVE for the 30 days of Movember by incorporating more exercise into your daily routine.

**Social media channels:**

#tag: #MovemberRSA

#tag: #OneBalledBandit

Facebook: <https://www.facebook.com/MovemberSouthAfrica>

Twitter: @MovemberRSA

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