

CHECK YOUR PAIR

A HOW-TO GUIDE

Testicular cancer is the #1 cancer among young guys. Get to know thy nuts by checking them every month or so in three simple steps.



1. STEAM

A warm, steamy shower helps your nuts relax.



2. ROLL

Roll one nut between thumb and fingers. Check for any changes or anything painful.



3. REPEAT

Same goes for the other nut.

Every nut is unique. Getting to know yours means that if something hurts, changes or doesn't feel right, you know not to panic – instead, you make an appointment to see your GP and get it checked out.

To learn more, go to **nutsandbolts.movember.com**