

GET THE LOWDOWN
OUR GUIDE TO CHECKING YOUR NUTS

GETTING TO KNOW WHAT'S NORMAL FOR YOUR NUTS IS IMPORTANT,
SO THAT YOU'LL KNOW WHAT'S UP IF SOMETHING DOESN'T FEEL RIGHT.



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.

YOUR NUTS SHOULD FEEL SMOOTH, FIRM AND SENSITIVE BUT NOT
PAINFUL. IF SOMETHING DOESN'T FEEL RIGHT, SEE A DOCTOR.