



Ballsy campaign from Movember urges young men to 'Know Thy Nuts'

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Nads. Crotch nuggets. Junk. Bollocks. Family jewels. *Nuts*.

In case you missed the memo, April is Testicular Cancer Awareness Month, and men's health charity Movember is issuing an important reminder for men to regularly schedule time to 'Know Thy Nuts'.

Movember's Global Director of Testicular Cancer, Sam Gledhill says although testicular cancer is a relatively rare disease, it disproportionately affects younger men.

"While many assume testicular cancer is more of an old bloke's disease, in reality, it's the most common cancer diagnosis among young men," he said. "If you're a guy in your 20s or 30s, you should be getting to know your testicles. What they look like, what they feel like, and what's normal for you down there."

A global study of more than 2,500 men conducted by YouGov* back in 2019, found that over half (62%) of men in the at-risk age group (18-34) didn't know how to perform a testicular self-examination.

Mr Gledhill added: "This year, Testicular Cancer Awareness Month is more important than ever. Disruptions due to COVID-19 could mean that some men may have delayed those potentially life-saving conversations with their doctor.

"The good news is that it's as simple as adding self-checks to your regular routine, and the shower is a great place to start. Around once a month, just carefully and gently roll one nut at a time between your thumb and fingers," he said.

"In most cases, the outcome for men with testicular cancer is positive. However, early detection is key. If you have any concerns or you notice any changes, don't panic, but do get in front of a doctor and talk to them about it."

It is estimated that more than 800 Australian men will be diagnosed with testicular cancer in 2021, while there are currently more than 16,500 men currently living with a testicular cancer diagnosis.

Testicular cancer may present as a lump or pain, an increase in size or a change in the way a testicle feels - but these symptoms can be vague and may not be the same for everyone.

Men who had undescended testes at birth, or those with a relative who has been diagnosed with testicular cancer are at a higher risk so need to take extra care and self-examine regularly.

This April, **#KnowThyNuts** for Testicular Cancer Awareness Month. You can find out more at movember.com/knowthynuts.

If you (or someone you know) is showing symptoms of testicular cancer or has been diagnosed visit Movember's nutsandbolts.movember.com, an online hub co-designed with men who have been through testicular cancer.



Funds raised by Movember help to support testicular cancer research, such as the TIGER trial - a major international study which aims to understand the best way to treat men with aggressive testicular cancer. Support more programs like the TIGER trial year-round, by signing up to give monthly at movember.com/donate.

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About Movember

Movember is the leading charity changing the face of men's health on a global scale, focusing on mental health and suicide prevention, prostate cancer and testicular cancer. The charity raises funds to deliver innovative, breakthrough research and support programmes that enable men to live happier, healthier and longer lives. Committed to disrupting the status quo, millions have joined the movement, helping fund over 1,250 projects around the world.

In addition to tackling key health issues faced by men, Movember is working to encourage men to stay healthy in all areas of their life, with a focus on men staying socially connected and becoming more open to discussing their health and significant moments in their lives. The charity's vision is to have an everlasting impact on the face of men's health. To donate or learn more, please visit movember.com.