

Is #tufnutsTuesday

in your diary?

Cancer can be a tough nut to crack but if caught early your chances of survival are high. That is particularly true of testicular cancer which has a 98% survival rate provided you check yourself regularly.

We recommend checking yourself on a monthly basis so we've named the first Tuesday of every month **#tufnutsTuesday**.

Checking your balls will only take a few minutes a month but it could save your life. So make sure #tufnutsTuesday is in your diary.

Our guide to checking your balls

1



The best time to check yourself is in the shower as the humidity and warmth helps to relax your testicles.

2



Hold the one testicle between your thumb and fingers. Gently roll it around feeling for lumps and repeat on the other testicle.

3



If you feel any hard lumps or changes in the texture or size of your scrotum, heaviness or pain make sure you get checked out, if only for peace of mind.

4



Regular checking of your testicles makes spotting any changes easy. Why not make the first Tuesday of every month your day to check?

theurologyfoundation.org

The Urology Foundation is a medical charity (no.1128683) working to improve the lives of people with a cancer or condition of the kidneys, bladder or male reproductive organs. We fund research, training and education into all urological conditions and diseases including urinary incontinence and cancers.

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