

# 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.

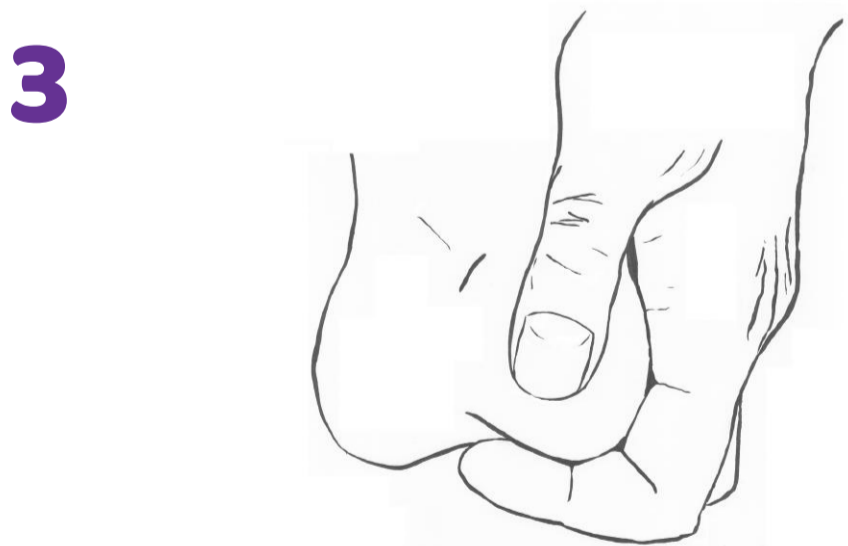
## Our guide to checking your balls



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



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



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.



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](http://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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