

I S S U E N U M B E R 1

# NUTCHECK

A MAN'S GUIDE TO MAINTAINING YOUR EQUIPMENT



## ROAD HAZARDS

HOW TO SPOT THEM BEFORE IT'S TOO LATE

## CHECKING UNDER THE HOOD

BE ABLE TO BOLDLY GO...

FREE



# REAL MEN

## CHECK UNDER THE HOOD

Your body is the most important piece of equipment you own. Getting under the hood and checking around is the best way to ensure everything is running smoothly and to detect problems before they become serious mechanical malfunctions. Stay in touch with your body and be on the lookout for any changes in how it's running from top to bottom. Testicular cancer is rare, but it is still the most common form of cancer found in men aged 20—39. When caught early is relatively easy to cure. Regular “nut checks” from the age of 15 can make a huge difference and help ensure years of worry-free driving.

### ▶ ROAD HAZARDS

There is no single cause of testicular cancer, but there are some factors that seem to increase the risk of developing it. Know the road hazards and keep everything properly tuned

- Delayed descent of testicles (if not corrected early)
- Age – particularly between 15 and 49
- Family or personal history of testicular cancer
- Abnormal development of the testicle

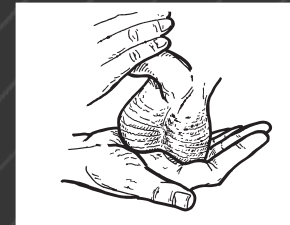
If you encounter any of these road hazards, be sure to report them to your mechanic (doctor) on your next visit. Be aware that some men develop testicular cancer without any of these risk factors.

### ▶ REGULARLY SCHEDULED MAINTENANCE

Proper body maintenance for men includes checking your testicles. Giving your ‘gears’ the once over is a quick, easy, do-it-yourself project that could save your life. Every man over the age of 15 should know what to do underneath the hood when it comes to their testicular health. The best time to check your testicles is just after a bath or shower, when the muscles in the scrotum are relaxed.



Stand in front of a mirror. Look for any swelling on the skin of the scrotum. You shouldn't feel any pain when checking. If you do, it's time to see a professional.



Hold your scrotum in your hands so that you can feel the size and weight of each testicle. It is normal for one testicle to be slightly larger than the other. One may also hang lower. Every engine is a little different.



Roll each testicle between your thumb and forefinger. It should feel smooth. You'll feel a soft tender tube towards the back of each testicle. This is normal.

Once you're familiar with how everything looks and feels under the hood, you'll be able to spot any changes in performance. Even with regular do-it-yourself checks, you should regularly see your mechanic (doctor) for a complete bumper to bumper (exam).



## ▶ ***YOUR CHECK ENGINE LIGHT IS ON***

Testicular cancer may not always create a noticeable lump. If you notice any of these warning signs, go to your mechanic immediately to prevent a total breakdown:

- A hard lump—like a small pea—on the front or along the sides of either testicle
- Any change in size, shape, tenderness or sensation of your testicles or scrotum
- A change in consistency or swelling of your testicles or scrotum
- Pain in your testicles or scrotum
- Dull ache or heaviness in your lower abdomen
- Abnormal and persistent backache
- Unexplained weight loss
- Breast development

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