

MOVEMBER VISION: To have an everlasting impact on the face of men's health

HEALTH PROMO OBJECTIVE: "To empower men with the awareness, knowledge and resources to take positive action for their health, and make it possible to achieve their fullest life potential"

1. Live a healthier lifestyle



Increasing Physical activity



Stay smoke free

2. Build mental resilience

Use tools such as TrueNTH testicular cancer throughout the Testicular Cancer journey that assist with quality of life

Make use of cancer support lines and specialist nurse support

Get referral to mental health specialists, with focus on psycho sexual element

3. Develop and maintain social support networks

Get help from your personal support network

4. Know what's normal for you and recognise change



Become aware of how undescended testes, fertility problems, ethnicity and family history increase the risk of Testicular Cancer



Become aware of the importance of detecting Testicular Cancer early



Regularly check your testicles and don't ignore any unusual lumps, feeling of testicle heaviness, sharp pain or changes in your testicles

5. Seek help and take action when something isn't right, or your risk is increased



If you find a lump, have heavy scrotum or other changes / sharp pain make an appointment to see a doctor ASAP

Speak to your doctor about the different tests: e.g. blood tests and ultrasound and what they are for

Refer to / engage with support services such as TrueNTH testicular cancer

After treatment, continue self examination on the remaining testicle

6. Understand what is, and how to get access to, the right treatment, services and solutions for you.

Discuss options for Testicular cancer treatment or monitoring with your urologist, surgeon, oncologist and multidisciplinary team

Discuss decisions about potential benefits and harm of treatment with your loved ones, partner and family

Use to TrueNth to understand testicular cancer treatment, side effects and outcomes and ways to balance your quality of life with treatment choices

Take the time to make the right treatment decision for you