

This material was developed in collaboration with



HEAD-TO-NUTS CHECKLIST

Strong enough to train, smart enough to get checked.
Run it by your doctor!

☐ HPV-RELATED HEAD AND NECK CANCERS

KNOW YOUR RISK:

High-risk Human Papillomavirus (HPV) types are responsible for up to 70% of throat cancers, yet most HPV infections may have no visible signs or symptoms, meaning many people can be infected without knowing it.

HELP REDUCE YOUR RISK OF HPV

SUIT UP

While HPV can be spread through intimate skin-to-skin contact, using condoms or dental dams consistently and correctly can help reduce your risk. Limiting your number of sexual partners can also help lower your chances of exposure to HPV.

STUB IT OUT

Smoking can make it harder for your body to clear an HPV infection and independently can raise your risk for several cancers.

ASK YOUR DOCTOR...

... Questions about your HPV risk or ways to help protect yourself. Run them by your doctor.

[Learn more at knowhpv.ca](https://www.knowhpv.ca)

☐ MENTAL HEALTH

KNOW YOUR RISK:

Men who are struggling might go quiet, pull back from the things they love, or act out of character. If that sounds like you – or someone you know – it's worth running it by your doctor.

ASK YOUR DOCTOR...

... If they can refer you to see a psychologist or other qualified therapist.

Ready to find a therapist?

[LEARN MORE](#)

Still on the fence?

Movember's video series helps bust the myths and shows why it might be exactly what you need.

[WATCH HERE](#)

Feeling low or overwhelmed? You don't have to figure it out alone. Get support at <https://ca.movember.com/mens-health/get-support>

☐ PROSTATE CANCER

KNOW YOUR RISK:

If you have a brother, father or son with a history of prostate cancer, or are of Black ethnicity (including African or Caribbean descent), speak to your doctor about your risk. Risk increases with age for everyone.

ASK YOUR DOCTOR...

... About your risk and appropriate next steps.

[Learn more at https://movember.com/prostate-cancer](https://movember.com/prostate-cancer)

☐ TESTICULAR CANCER

KNOW YOUR RISK:

Look out for any lump or swelling in a testicle, pain or discomfort, or anything that looks or feels different from what's normal for you.

KNOW THY NUTS

1

STEAM

Warm up in a steamy shower

2

ROLL

Roll one testicle between thumb and finger; check for any changes or pain

3

REPEAT

With the other nut

ASK YOUR DOCTOR...

... About any changes you may notice.

[Learn more at https://movember.com/testicular-cancer](https://movember.com/testicular-cancer)

Move for Men's Health and Your Health this November

