



More than half of Aussie blokes aged 18-34 don't know their testicular cancer risk

PRESS RELEASE, Australia (April 1, 2019): More than 60% of Aussie blokes aged between 18-34 don't know that they are in the age group most at risk of getting testicular cancer, according to new research from leading men's health charity, the [Movember Foundation](https://www.movember.com).

The Movember Foundation's Global Director of Testicular Cancer, Sam Gledhill said that although testicular cancer was a relatively rare disease, it disproportionately affected younger men.

"While many young men assume testicular cancer is more of an old bloke's disease, in reality, it's the most common cancer among young men aged 20-34," he said.

The global study of 2,579 men conducted by YouGov*, also found that over half (62%) of men in the at-risk age group didn't know how to perform a testicular self-examination.

Mr Gledhill said: "Self-checks play a key role in early detection, which in turn can have a positive impact on survival rates.

"If you're a guy in your 20s or 30s, you should definitely be getting to know your testicles a little better. What they look like, what they feel like, and what's normal for you down there.

"It's as simple as adding self-checks to your regular routine, and the shower is a great place to start. Around once a month when you're lathering up, just carefully and gently roll one nut at a time between your thumb and fingers. If you notice any changes, don't panic, it doesn't necessarily mean you have cancer, but you should definitely get it checked out."

The survey results weren't all bad news for Aussie men, with a diligent 28 per cent of guys surveyed admitting they had been hands-on with their testes in the past month to check for signs of the disease, while around half revealed they were either 'very likely' or 'fairly likely' to perform a self-check during the next six weeks.

Testicular cancer will often present as a lump or pain in the testicle, an increase in size or a change in the way a testicle feels - but these symptoms can be vague or may not be the same for everyone. If you notice any differences in your balls, find a doctor you trust and talk to them about what's worrying you.

It is estimated that more than 800 Australian men will be diagnosed with testicular cancer in 2019. In most cases, the outcome for men with testicular cancer is positive. But a 95% chance of survival is no comfort to the 1 man in 20 who won't make it.

Those most at risk are men who had undescended testes at birth, or those with a relative who has been diagnosed with testicular cancer.

The study also found that while most guys thought their testicles were of average size, Aussie men were a modest bunch and were more likely to underestimate the size of their balls. While 12 per cent said they thought their balls were smaller than average, eight per cent estimated they were larger than average.

This April, #KnowThyNuts for Testicular Cancer Awareness Month. For more information visit: www.movember.com/knowthynuts

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**All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 2,579 men (528 in the USA, 1,093 in the UK, 484 in Australia, 474 in Canada). Fieldwork was undertaken between 7th – 12th February 2019. The survey was carried out online. The figures have been weighted and are representative of all men (aged 18+) in each market.*

Media Contact

For further information or to arrange an interview, please contact – Sam Mills, Senior Publicist, Movember Australia via sam.mills@movember.com / 0411 241 475

About the Movember Foundation

The Movember Foundation is the leading charity dedicated to changing the face of men's health around the world. With a singular goal to stop men dying too young, the foundation supports the following causes: prostate cancer, testicular cancer, mental health and suicide prevention. The Movember Foundation is working towards its goal to halve the number of deaths from testicular cancer by 2030. Since 2003, the support of more than 5 million participants has funded over 1,200 innovative projects across more than 20 countries. To donate or learn more, please visit movember.com