



## Almost two thirds of Canadian men aged 18-34 don't know their testicular cancer risk.

- **Almost two thirds (57%) of 18-34 year-old men in Canada** don't know they are in the age group most at risk of being diagnosed with testicular cancer
- **54% of 18-34 year-old men in Canada** say they that they have no idea or are unsure how to perform a testicular self-examination.
- **Not all bad news** – of all Canadian men, 27% say that they have checked themselves for signs of testicular cancer in the last month

Almost two thirds (57%) of men in Canada 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<sup>1</sup> from leading global men's health charity, the [Movember Foundation](https://www.movember.com).

Testicular cancer is the most common cancer in young men, and the charity is now urging men in the at-risk age group to carry out regular self-checks as early diagnosis is key to successful treatment.

The Movember Foundation's Global Director of Testicular Cancer, Sam Gledhill, said; "The fact that so many men are unaware that they are in the highest-risk age group is very worrying. There's a widespread assumption that it's a disease that predominantly affects older men but that's just not the case. Testicular cancer strikes early so checking regularly and knowing what to look for is crucial."

However, the poll of 474 Canadian men conducted by YouGov, also found that 57% of men in the at-risk age group (aged 18-34) didn't know or are unsure how to perform a testicular self-examination.

"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.

The shower is a great place to start because the warmth relaxes the scrotum, making the exam easier. Around once a month, when you're in the shower, gently roll one testicle 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." – Sam Gledhill

The survey results weren't all bad news for Canadian men, with 27% claiming they had checked their testicles for signs of the disease in the last month<sup>1</sup>. After being prompted by the survey, almost two thirds 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 – although these symptoms can be vague or may not be the same for everyone.

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

Although survival rates are high (95 per cent), one in 20 cases are fatal. More than 8,600 men die from testicular cancer globally each year. The Movember Foundation has pledged to halve the numbers of men dying from testicular cancer by 2030.

***This April, #KnowThyNuts for Testicular Cancer Awareness Month.*** For more information visit: [www.movember.com/knowthynuts](https://www.movember.com/knowthynuts) or <https://truenth-tc.org/>

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**Notes to editors:**

For more information: [karli.kirkpatrick@movember.com](mailto:karli.kirkpatrick@movember.com) (media contact)

Images are available to download from <https://ca.movember.com/media-room/photos-graphics>

**About the Movember Foundation**

The Movember Foundation is the leading global men's health charity.

The Foundation raises funds to deliver innovative, breakthrough research and support programmes that enable men to live happier, healthier and longer lives. Committed to disrupting the status quo, millions have joined the movement, helping fund over 1,200 projects focusing on prostate cancer, testicular cancer and suicide prevention.

In addition to tackling key health issues faced by men, the Foundation is working to encourage men to stay healthy in all areas of their life, with a focus on men staying socially connected and becoming more open to discussing their health and significant moments in their lives.

The Foundation's vision is to have an everlasting impact on the face of men's health. Join the movement at [Movember.com](https://www.movember.com).

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<sup>i</sup> All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 474 men 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.