



## UROLOGICAL SOCIETY OF AUSTRALIA AND NEW ZEALAND

**Media Release**  
**16 May, 2025**

### **USANZ calling on all men to perform a sixty second check that could save their life**

With the incidence of testicular cancer on the rise the Urological Society of Australia and New Zealand is urging men to take 60 seconds and self check themselves as it could save their life.

“Young men, particularly in their twenties to thirties are at a higher risk of being diagnosed with testicular cancer, which is highly treatable if caught early,” said USANZ Genitourinary (GU) Oncology Special Advisory Group Leader Associate Professor Weranja Ranasinghe.

“Often the only symptom of testicular cancer is a lump in the testicle, which men need to seek medical advice about immediately because if they delay as a result of fear or embarrassment, the cancer could spread,” said Professor Ranasinghe.

“There is usually no pain which is why some men might put off seeing their doctor as they hope it will just go away.”

Testicular cancer is the second most common cancer in young men aged 20-39, with the average age at diagnosis 36 years.

“Self checking is so important as testicular cancer is one of the most curable cancers if caught early with a 95-99 percent survival rate.”

“While a lump in the testicle is the most common sign of testicular cancer, less common symptoms include feeling of heaviness in the scrotum, feeling of unevenness or an ache in the area.”

“It takes just 60 seconds for men to self check and that 60 seconds could save their life.”

Comedian Michael Shafer, who was diagnosed with testicular cancer at the age of 26 admits he put off going to the doctor despite showing symptoms, and it was only when he came down with flu like symptoms that he sought medical treatment after his wife encouraged him to.

He is echoing USANZ calls for men to do a 60 second self check and if there is anything of concern to talk to a doctor as soon as possible as it could save their life.

## About Urological Society of Australia and New Zealand

The Urological Society of Australia and New Zealand is the peak professional body for urological surgeons in Australia and New Zealand. Urologists are surgeons who treat men, women and children with problems involving the kidney, bladder, prostate and male reproductive organs. These conditions include cancer, stones, infection, incontinence, urination difficulties, sexual dysfunction and pelvic floor problems.

<https://www.usanz.org.au/>

## ENDS

\*Latest data from AIHW [here](#)

Figure 1: Testicular cancer, incidence counts and age-specific rates, persons, 25-49 years

