



UROLOGICAL SOCIETY
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The two minutes after a shower that could save your life

Leading urologists are encouraging young men to spend just two minutes to themselves at the end of their shower, in a move that could help save their life.

Testicular cancer is the most commonly diagnosed cancer in younger men, but is also one of the most treatable, which is why urologists say it's important for men to get to know their bodies at the end of their shower.

"Testicular cancer can initially show up as a painless lump or swelling" said Associate Professor Weranja Ranasinghe, the [Urological Society of Australia and New Zealand](#) (USANZ) Genitourinary Oncology SAG Leader.

"When testicular cancer is caught early, surgery alone is usually enough to treat it. This involves removing the affected testicle through a procedure called an orchidectomy, and importantly, most patients are cured with this alone. Although a testicle is removed and a testicular prosthesis can be offered at the time of surgery, removing one testicle generally does not affect testosterone levels or fertility.

However, if the cancer has spread beyond the testicle, it can travel to other parts of the body, which means treatment becomes more prolonged and often involves chemotherapy," said Associate Professor Ranasinghe.

"We often talk about breast self-examination for women, but the same applies here—men should feel comfortable checking themselves. It's about knowing your body and recognising when something isn't quite right."

"This can be a very treatable and curable cancer, with a very high 5-year survival rate, but it is best caught early," he added.

The incidence rate for testicular cancer is highest among men aged 30–34 years, and almost 90% of cases are in men under 50.

"Other symptoms can include a feeling of heaviness in the scrotum, pain or ache in the lower abdomen, testicle, or scrotum, back pain, and even tenderness of the breast tissue because of the hormones created by cancer cells."

April is Testicular Cancer Awareness Month and it is a great time for men to start self-examining so they can be aware of any changes that happen.

A self-examination does not take long and Associate Professor Ranasinghe has these tips -

- Do it regularly
- Do it after a warm bath or shower when your scrotum is relaxed
- Check for swelling on the skin of your scrotum
- Feel the weight of each testicle, and then roll each ball between your thumb and forefinger to check for lumps or swelling

“There shouldn't be any pain during the examination, and if the man finds anything that they are not comfortable with, they should head to their GP.”

"The science is genuinely on the patient's side, what we need is for young men to trust themselves and to take a minute or two to check," said Associate Professor Ranasinghe.

“Most men will go on to lead very normal lives, including being able to have children, so please don't let embarrassment get in the way of getting help if you need it,” he said.

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/>