



KNOW YOUR PROSTATE

Take Charge of Your Health

TALK WITH YOUR DOCTOR

FOUR STRATEGIES TO GET THE CONVERSATION STARTED

We can't immediately change the fact that we live in a society that makes it challenging for men to talk about their health, but you can do your part to change it if you talk with your doctors. Let's get started:



Actor portrayals.



AWARENESS SPOTLIGHT

Prostate cancer is one of the most commonly diagnosed cancers in men; especially among those of African ancestry.



Actor portrayal.

AS BLACK PEOPLE, WE DON'T ALWAYS FEEL SEEN OR HEARD BY THE PEOPLE MEANT TO CARE FOR US. THIS MAKES IT DIFFICULT TO REACH OUT TO OUR DOCTORS BEFORE WE FEEL ILL, BUT WE CAN'T LET THAT STOP US.

STEP 1

PREPARATION IS YOUR SUPERPOWER

You deserve real conversations with your doctors. Getting informed about prostate cancer (PC) before a visit can help you have helpful discussions with your doctors.

▶ WHAT DOES THAT LOOK LIKE?

- ▶ Review resources and information about prostate cancer
- ▶ Make a list of specific questions about your health concerns
- ▶ Bring your questions to your appointment, and show them that you are an active participant in your health

Together with your doctor's medical knowledge and your own understanding of your body, both of you can create a health plan that addresses your unique needs.

▶ HERE ARE A FEW QUESTIONS THAT CAN HELP YOU FEEL PREPARED WHEN YOU TALK WITH YOUR DOCTOR:

- ☐ How does my age and family history affect my risk for prostate cancer?
- ☐ Is this the right time to get a prostate-specific antigen (PSA) screening, even if I have no symptoms or a family history of PC?
- ☐ Are there any risks associated with prostate cancer screenings?
- ☐ What should I expect when getting screened for PC?
- ☐ Does my insurance cover the cost of the screening?
- ☐ Are there any resources that can help me pay for the screenings?
- ☐ When can I expect my PSA screening test results?
- ☐ What do you consider to be good or bad results?
- ☐ If something is unusual, what next steps should I expect?

STEP 2

RELATE AND ADVOCATE

You deserve personalized care that takes your needs and values into account. When looking for a doctor who fits your needs, you can:

- > **Talk with family and friends for referrals.** The people closest to us can often recommend doctors they love who understand our unique backgrounds.
- > **Check websites to get a better feel for the doctor you're considering.** Read reviews before making an appointment, so you know what you may be able to expect.
- > **Bring someone with you to your doctor's appointment.** Doctor visits are intimidating. Having someone with you can help you keep track of details that might slip your mind.
- > **Communicate outside the office.** Consider emailing your doctor, messaging them through their healthcare portal, or reviewing your visit notes if you need clarification about what was covered during a recent appointment. The goal is to stay informed, make sure your health information is accurate, and prepare for any follow-up appointments.

STEP 3

BE HONEST ABOUT YOUR EXPERIENCES

When you're honest with your doctor about your concerns, you help them provide you with the most personalized treatment possible. No matter how sensitive or awkward the topic seems, it is best to be open, upfront, and specific with our doctors.



Actor portrayal.

IF WE'RE GOING TO TALK ABOUT PROSTATE CANCER, WE'VE GOT TO BE REAL.

STEP 4

YOU HAVE THE FINAL SAY

It's your health. It's your body. While navigating the healthcare system, we've got to remember our power in decision-making and our increased risk of prostate cancer.

- > If your doctor doesn't talk about prostate cancer, ask them about your risk.
- > If you have elevated PSA levels, you can ask for a referral to a urologist — a doctor specializing in prostate and urinary tract health.
- > If you don't feel heard or if options are being held back from you, you can get a second opinion.



Actor portrayal.

BUILDING OUR LIVES IS ALREADY SOMETHING WE'RE GREAT AT. NOW, LET'S LAY THE GROUNDWORK FOR A SOLID LEGACY.

We can change things when we talk about PC.



Actor portrayals.



AWARENESS SPOTLIGHT

37% of new cancer cases in **Black men** will be **prostate cancer**