

Prostate Health 101

A Simple Guide to Navigating Your Diagnosis with Confidence and Clarity

Created for Men Who Want Clear, Action-Based Information — Not Fear.

1. What the Prostate Does

The prostate is a small gland below the bladder. It helps produce fluid that nourishes and transports sperm.

2. What Prostate Cancer Is

Prostate cancer happens when cells in the prostate grow abnormally. Many cases grow slowly, but some can be aggressive. Early detection makes a major difference.

3. PSA Testing — Made Simple

- PSA is a blood test that measures prostate activity.
- Higher numbers do not always mean cancer.
- Trends over time are more important than one single number.
- Talk with your doctor about when to begin testing.

4. Risk Factors

- Age (risk increases after 50)
- Family history
- African or Caribbean ancestry
- Unhealthy lifestyle habits

5. Understanding Your Diagnosis

If diagnosed, you may hear terms like Grade Group, Gleason score, MRI findings, or stage. These help doctors determine how serious the cancer is and guide treatment decisions.

6. Treatment Options

- Active surveillance (monitoring carefully)
- Surgery
- Radiation therapy
- Hormone therapy
- Other focused treatments

7. Questions to Ask Your Doctor

- Is my cancer low, medium, or high risk?
- What are all my treatment options?
- What are the side effects?
- What happens if I wait?

Final Encouragement

Prostate cancer is highly treatable when detected early. Knowledge removes fear. Action saves lives. Stay informed. Ask questions. Take action early.