

Navigating Life
After
Prostate
Cancer

Lessons From
Sailing



Every Voyage Begins With — Uncertainty

- When sailors leave the harbor, they rarely know exactly what conditions they will face.
- Similarly, prostate cancer survivors may face:
 - PSA monitoring
 - Treatment side effects
 - Anxiety about recurrence
 - Changes in relationships and identity
 - Questions about the future
- **Lesson:** You don't have to know every answer before moving forward.

You Can't Control the Wind

Focus on what you can control.

- After prostate cancer, you cannot control:
 - Your original diagnosis
 - Past decisions
 - Every PSA result
- You can control:
 - Your follow-up care
 - Exercise and nutrition
 - Communication with your healthcare team
 - Your attitude and resilience

A photograph of a sailboat with a white sail on a blue sea under a hazy sky. The sailboat is tilted to the right, and the water is choppy. The sky is a mix of light blue and orange, suggesting a sunset or sunrise. The sail is the central focus, with the quote overlaid on it.

“
You can't control the
direction of the wind, but
you can control the sails

JIMMY DEAN

HappierMe

Adjust the Sails

- Adapt to changing conditions.
- Experienced sailors constantly adjust their sails as conditions change.
- Life after prostate cancer may require adjustments:
 - Managing urinary symptoms
 - Addressing sexual health concerns
 - Building new exercise routines
 - Seeking emotional support
- **Success comes from adapting, not from perfection.**

Trust Your Crew

- Family, clinicians, and support groups matter.
- No sailor crosses an ocean alone.
- Your crew may include:
 - Family and friends
 - Physicians and nurses
 - Physical therapists
 - Support groups
 - Fellow survivors
- **Accepting help is a sign of strength, not weakness.**





Use Your Instruments

- PSA tests and follow-up keep you on course.
- Sailors rely on charts, GPS, and weather reports.
- For survivors, your instruments are:
 - PSA testing
 - Follow-up appointments
 - Recommended imaging when needed
 - Reliable medical information
- **Monitoring is not something to fear—it helps keep you on course.**

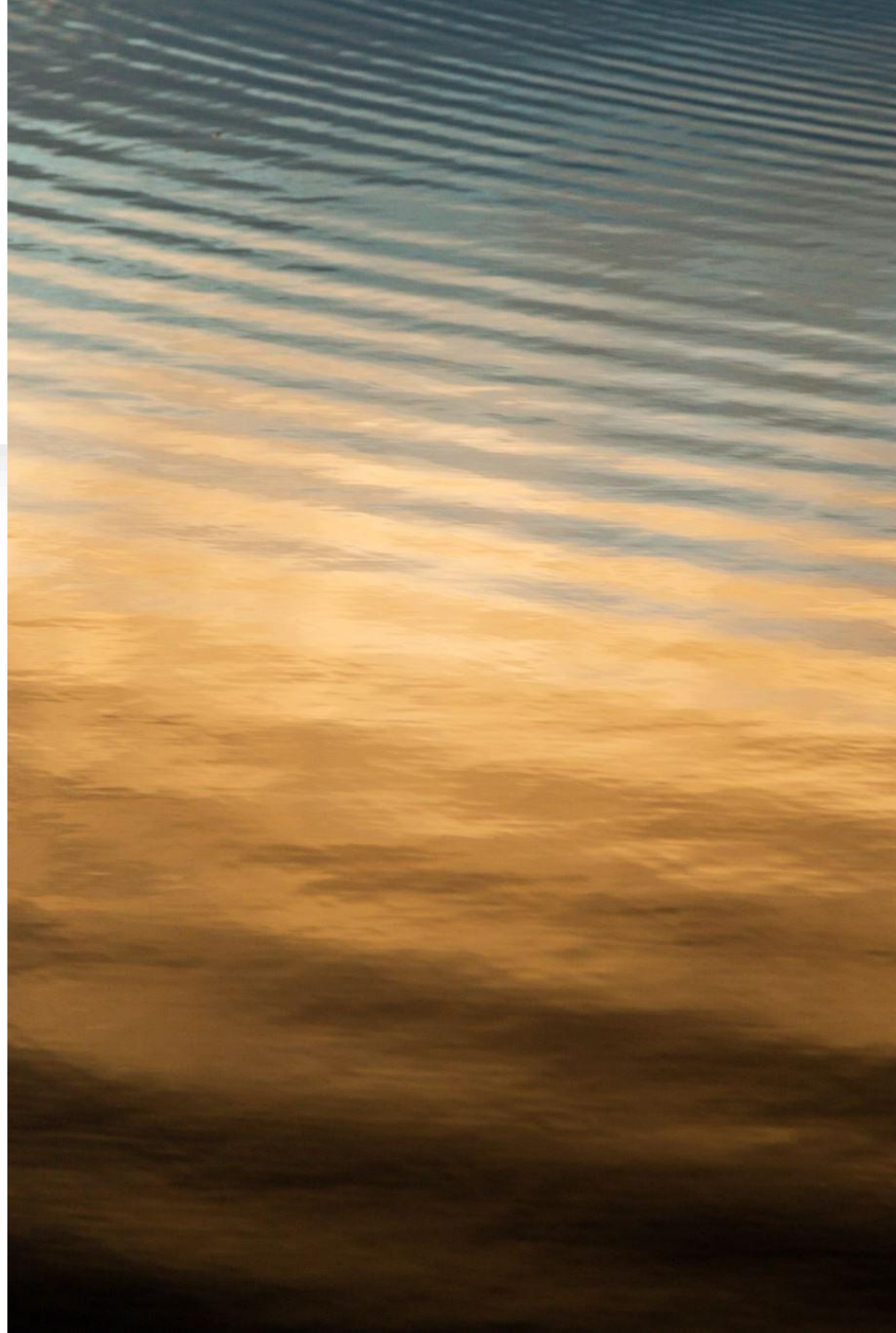


Storms Do Not Last Forever

- Challenges are chapters, not the whole story.
- Every sailor encounters rough seas.
- Challenges may include:
 - Treatment side effects
 - Fatigue
 - Fear of recurrence
 - Setbacks in recovery
- **Difficult periods are chapters, not the whole story.**

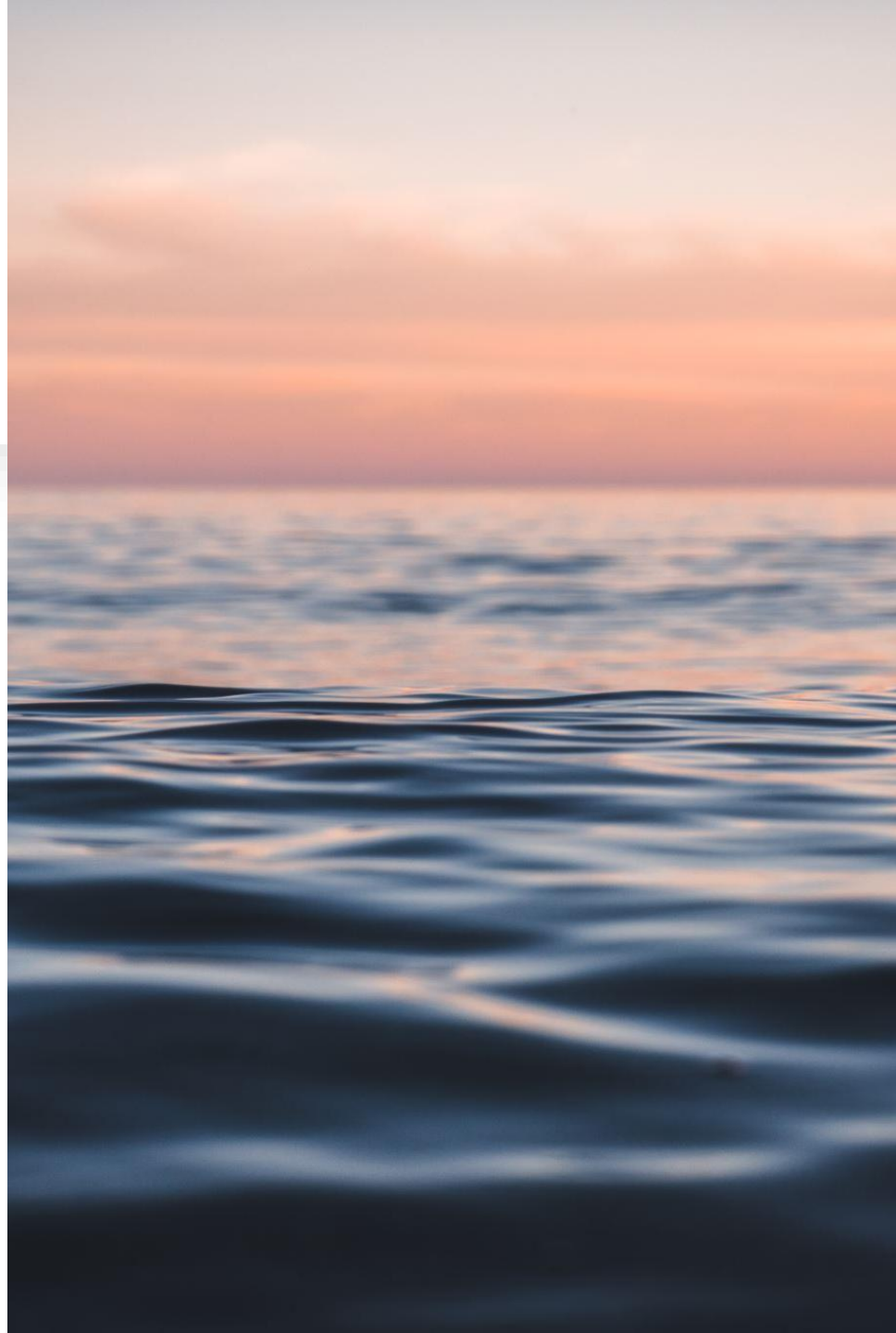
Celebrate the Good Days

- Recognize progress and milestones.
- Sailors remember the sunsets, calm waters, and beautiful destinations.
- Take time to appreciate:
 - Undetectable or stable PSA results
 - Improved health habits
 - Family milestones
 - New experiences and opportunities
- **Survivorship is about living, not just monitoring.**



Keep Your Eyes on the Horizon

- Focus on purpose and possibility.
- The horizon represents purpose and possibility.
- Ask yourself:
 - What matters most to me now?
 - What experiences do I want to pursue?
 - How can I invest in my health and relationships?
- **A cancer diagnosis can clarify what is truly important.**



Final Thoughts

Three Sailing Lessons for Survivors

1. You cannot control the wind, but you can adjust your sails.
2. Trust your crew.
3. Keep moving toward the horizon.

Life after prostate cancer is not about returning to who you were before—it's about becoming the strongest version of yourself for the journey ahead.



*"A smooth sea
never made a
skilled sailor."*

The goal isn't to avoid every storm—it's to learn that you can navigate through them.

