

10 WAYS TO SUPPORT Your Loved One



01. Encourage Check-ups

Stress the importance of regular check-ups and screenings for prostate health. Encourage your loved one to schedule appointments.

Create a supportive environment for open communication. Let them know you are there to discuss any concerns, and encourage them to share their thoughts and feelings about prostate health.

02. Encourage Dialogue



03. Learn Together

Learn about prostate health together. Read informative materials or watch videos that provide insights into prostate cancer risks, symptoms, and preventive measures.

Discuss family health history openly. If there is a family history of prostate cancer or related conditions, share this information and discuss it with healthcare providers.



05. Adopt Health Habits

Offer to go to medical appointments. Having a supportive presence can help ease any anxiety and ensure that important questions are asked and answered during the visit.

Encourage a healthy lifestyle. This includes promoting a balanced diet, regular exercise, and other habits that contribute to overall well-being, which can also benefit prostate health.

06. Go to Medical Appointments



07. Raise Awareness

Understand that discussions about health, especially cancer, can be sensitive. Offer emotional support, reassure them, and be a listening ear for any concerns or fears they may have.

Share information about prostate health with other family members. This can create a collective awareness and encourage everyone to prioritize their health.

08. Provide Support



09. Get Involved

Celebrate health milestones, whether it's maintaining a healthy lifestyle, attending regular check-ups, or making positive changes. Reinforce the importance of proactive health management.

Get involved in prostate cancer awareness campaigns or events. Participating together can be a meaningful way to show support and contribute to a larger cause.

10. Celebrate Health Milestones

