

General tips for talking with your father about prostate cancer.

-  One in nine men will be diagnosed during their lifetime. Find out if he has been tested recently.
-  Assess his risk. Most prostate cancer is diagnosed in men over 65 years old. Other risk factors include family history and race. Men with a close relative with the disease, African Americans and veterans are at increased risk.
-  There are no symptoms of early stage prostate cancer. Encourage him to be proactive about his health and maintain a healthy diet.
-  Remove the stigma around going to the doctor and discuss prostate health in general. Use Father's Day as an annual reminder to stay current on medical check-ups and adopt or renew healthy lifestyle choices.
-  Share hope - when diagnosed at an early stage nearly 100 percent of men are still alive five years after diagnosis.

If your father has been diagnosed with prostate cancer:

-  Ask him how he learned he had prostate cancer. Learn about his journey - you are at risk too.
-  Ask to be a part of his support team to help him with any challenges he faces. Staying positive is very important.
-  Be informed about what stage cancer he has and his treatment plan. This information will help you better understand related physical and emotional issues that impact both him and loved ones who are helping to care for him.
-  More than 2.9 million men in the U.S. have been diagnosed with prostate cancer. Discuss the benefits of connecting with other men who have been impacted by prostate cancer.
-  Show him you have his back. Take action in the fight to end prostate cancer by fundraising and raising awareness.



10 WAYS TO GET INVOLVED WITH ZERO

- 1 Take the Challenge! Sign up for a Run/Walk or Endurance Team.
- 2 Sign up to receive our e-newsletter and blog updates.
- 3 Like ZERO on Facebook.
- 4 Follow ZERO on Twitter and Instagram.
- 5 Host a local event in your community with ZERO's education materials.
- 6 Find free testing near you through ZERO's online testing map.
- 7 Share your story and become one of ZERO's Heroes.
- 8 Attend the ZERO Prostate Cancer Summit in Washington, D.C.
- 9 Become a local advocate for ZERO in your community.
- 10 Donate to ZERO at zerocancer.org

