

NOW'S THE TIME TO  
**TALK**  
ABOUT PROSTATE  
**CANCER**



# TALK THAT TALK™ WITH YOUR DOCTOR

## FOUR STRATEGIES TO GET THE CONVERSATION STARTED

There's no denying that Black people have complex relationships with medical and health care communities. These concerns with health care systems exist for a reason, and they are even more sensitive when it comes to something as personal as prostate health.



**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.**

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

## STEP 1

## PREPARATION IS YOUR SUPERPOWER

We all deserve real conversations with our doctors. Getting informed about prostate cancer before a visit can help us have helpful discussions with our doctors.

### WHAT DOES THAT LOOK LIKE?

- Review **Talk That Talk** resources for 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 THAT 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 That 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 geared toward doctors specializing in Black men's health.** 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 health care 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.



**IF WE'RE GOING TO TALK THAT TALK, WE'VE GOT TO BE REAL.**

## STEP 4

### YOU HAVE THE FINAL SAY

It's your health. It's your body. While navigating the health care 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.



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

**Explore. Connect. Be Heard.**  
You don't have to navigate your prostate health alone.

**Talk That Talk** is a community that helps Black men learn more about their prostate health and connect with others who have similar experiences.

Sharing our stories and supporting each other is one of the best ways to tackle the effect of prostate cancer on Black men.

Come, **talk your talk.**  
**Talk That Talk** on Facebook & Instagram at @talkthattalktime.