



# TALK THAT TALK WITH YOUR COMMUNITY – SHARE YOUR JOURNEY



**THE BEST TIME TO TALK ABOUT OUR PROSTATE HEALTH IS RIGHT NOW.**

We're often raised to view our strength as our most important asset. We're taught that it's not okay to be vulnerable or honest about our pain. But the truth is, our vulnerabilities don't make us weak. If we get comfortable talking about our health and well-being, we can better support ourselves and our loved ones.



**WHEN WE LEAD BY EXAMPLE AND OPEN UP ABOUT OUR STRUGGLES AND SUCCESSES, THE MORE COMFORTABLE OTHER MEN IN OUR LIVES WILL FEEL ABOUT DOING THE SAME.**

## HONESTY BEGINS WITH SELF-AWARENESS

Before we are honest with others, we have to be honest with ourselves. This includes being honest about how our bodies change as we get older and investing in our health as a priority.



**SOMETIMES, IT CAN BE A MENTAL HURDLE TO VIEW OUR BODIES AS SOMETHING WE NEED TO TAKE CARE OF. EVEN IF WE FEEL "FINE," TAKING PROACTIVE STEPS TO MAINTAIN OUR HEALTH IS IMPORTANT. AND WHEN WE DON'T FEEL "FINE," IGNORING OUR DISCOMFORT CAN MAKE THINGS WORSE. THESE MENTAL HURDLES MAY GET IN THE WAY OF BEING OPEN AND PROTECTING OURSELVES.**

HERE ARE SOME QUESTIONS TO ASK YOURSELF ABOUT HOW YOU VIEW YOUR HEALTH.

- > What activities do I love to do?
- > What are the activities that I love sharing with the people closest to me?
- > How do these activities make me feel about myself?
- > When I can't do these activities, what do I do instead?
- > When I can't do these activities, who can I lean on?

## HONESTY IS ADVOCATING FOR YOURSELF

Self-advocacy is a powerful tool for helping to improve the quality of your doctors' care. Telling your doctors about any concerns or changes in your body will help them personalize your care to your needs. No question or comment is unimportant. Remember to:

1. Be specific about how you feel. Even the smallest detail can impact your next steps, so make sure you **Talk That Talk**.
2. Bring a friend or family member with you to provide support and take notes if needed.
3. Be proactive! If something comes up during your research or conversations with friends about your prostate health that your doctor doesn't address, don't hesitate to talk about it during the appointment or outside the office by emailing or messaging them.

## HONESTY REQUIRES A CIRCLE OF TRUST

Take some time to think about the people in your life who are the most important to you and the ones who have been there for you through thick and thin. Finding the right people to support you on your prostate health journey can make it easier to get through.



### WHO ARE THE TOP THREE PEOPLE WHO CURRENTLY COME TO MIND?

NAME	
RELATIONSHIP TO YOU	
HOW THEY CAN HELP	
PHONE:	E-MAIL:
NAME	
RELATIONSHIP TO YOU	
HOW THEY CAN HELP	
PHONE:	E-MAIL:
NAME	
RELATIONSHIP TO YOU	
HOW THEY CAN HELP	
PHONE:	E-MAIL:

## HONESTY DEPENDS ON CONNECTION

You may feel alone when it comes to prostate health, but there is support available. Prostate cancer and prostate health groups help you do just that by providing moral support and resources. They give you a place to share your story, ask questions, and learn from others who are going through the same thing. The organizations below can help you understand different aspects of the disease, paying for medication, and treatment options:

BELOW ARE A FEW ORGANIZATIONS AND GROUPS IF YOU NEED ADDITIONAL SUPPORT. CLICK A LOGO TO VISIT THEIR SITE:



Prostate cancer education, support programs, and resources



Prostate health education and cancer screening events



Broad range of prostate health education made for Black men.



Prostate cancer support groups for men



Cancer support for LGBTQIA+ individuals

The above listed programs are not affiliated with Janssen.

### TALK THAT TALK ON FACEBOOK

Join the **Talk That Talk** Facebook community! Post questions, share your stories, and meet other Black men who are figuring out their prostate health journey. You don't have to navigate your prostate health alone.

Connect on

### TALK THAT TALK ON INSTAGRAM

Black men from all backgrounds and those who support them, come join the **Talk That Talk** conversation on Instagram. Make a difference in promoting discussions about screenings and learning more about prostate health.

Connect on