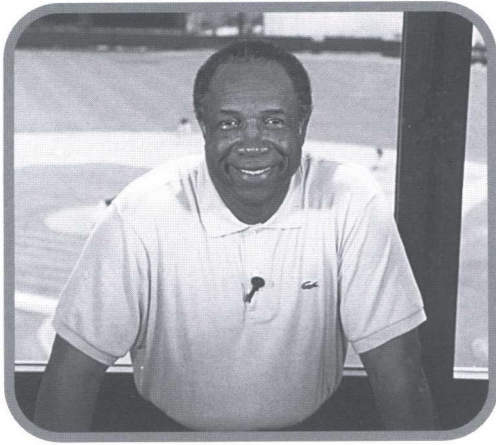




THE RIGHT DECISION
IS YOURS

A Guide To
Prostate Cancer Check-ups



“Sometimes when I’m reflecting on my life, I think about how so much has changed over the years. Life is a process of change; you grow up, go to school, work hard, raise a family and along the way we learn more about life and its richness.

With each season and each experience, we gain. Sometimes we can sit back, let things happen around us, and enjoy the ride not worried about the destination. At other times, we are called upon to reach out, to act and to make a difference with our actions. It is during these times that we consider our choices and choose the direction we want to travel.

I hope this is a chance for you to do just that . . . to get the information you need, talk with your doctor, your family or a friend and make an informed decision about taking charge of your health. The information in this magazine may help. It may shed light on things that will contribute to your decisions. I hope that you will consider the information you find on the next several pages as just that - information. This information is not meant to replace the conversations you have with your trusted physician, your loving family and your loyal friends.

This is Frank Robinson reminding you that whether you choose to get tested for prostate cancer or not.... the choice is yours.”

*– Frank Robinson
1981 Baseball Hall of Fame*

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Life is full of decisions. Everyday we make decisions that affect our lives. These decisions can be as easy as deciding which pants to wear, or as difficult as deciding if and when to retire. The good news is that having to make decisions usually means that you are fortunate enough to have choices. Most of us prefer choices. After all, “variety is the spice of life.” Having options to select from can be considered a blessing.

Living a long life is another one of life’s blessings. Through the years we experience changes that often lead to decisions with a greater level of importance for sustaining good health. While physical strength may diminish, there are gifts that come with age that can only be realized by those fortunate to live long enough to experience them.

The purpose of this booklet is to help you in making some decisions about your health. As the years go by, lifestyle adjustments are necessary for the best possible health. Some adjustments mean adding things or habits and some may mean getting rid of things or habits. In either case, it is important that you use a process to reach health decisions that leaves you feeling confident and comfortable about having made [informed decisions](#) that are best for you, your family, and your lifestyle.

While the focus here will be on decisions for prostate cancer screening, you will be faced with numerous decisions about health in the years to come. The information in this booklet should be helpful whenever you’re faced with difficult health decisions. However, although this information may help, it cannot replace the conversations you have with your doctor. Consulting your doctor is perhaps the most important step in making health decisions.

“The man who views the world at fifty
the same as he did at twenty
has wasted thirty years of his life.”

- Muhammad Ali, 1975