

SURVIVOR CONVERSATION GUIDE

NAVIGATING LIFE AFTER A PROSTATE CANCER DIAGNOSIS THROUGH HONEST CONVERSATIONS

A practical guide from Curt Cares to help survivors communicate with confidence, strengthen relationships, and advocate for their health.



YOU ARE NOT ALONE.
WE ARE IN THIS TOGETHER.

Every conversation has the power to bring clarity, comfort, and strength to your journey.



START THE CONVERSATION

Tips and guidance for talking with doctors, loved ones, and friends.



ASK THE RIGHT QUESTIONS

Important questions to help you make informed decisions.



BUILD YOUR SUPPORT TEAM

Learn how to lean on others and ask for the help you need.



FOCUS ON RECOVERY

Practical advice for physical, emotional, and mental well-being.



FIND HOPE. SHARE HOPE.

Your story can encourage and inspire others.

A PERSONAL MESSAGE

FROM CURT



“

Knowledge is powerful, but conversations change lives.

Sometimes the most important question we can ask is also the simplest:
“How are you doing?”

When I was diagnosed with prostate cancer, I quickly realized that the physical battle was only part of the journey.

There were questions, fears, difficult conversations, and moments when I wished someone had simply helped me understand what to expect.

That’s one of the reasons Curt Cares exists.

This guide was created to educate, encourage, and empower you with practical information while reminding you that you don’t have to face this journey alone.

Whether you’re learning about prostate health for yourself, supporting someone you love, or simply taking steps to protect your future, I hope these pages give you confidence, hope, and a reason to start meaningful conversations.

Knowledge is powerful, but conversations change lives. Sometimes the most important question we can ask is also the simplest:

“How are you doing?”

That one conversation can lead to a screening, early detection, life-saving treatment, or the reassurance that someone is not walking through this alone.

Thank you for trusting Curt Cares to be part of your journey.

I hope this guide encourages you to ask questions, seek trusted medical advice, and share what you’ve learned with others.

Together, we can break the silence surrounding prostate cancer and help more families experience hope through awareness, education, and early detection.

Thank you for being here—and thank you for helping us make a difference, one conversation at a time.

Curtis L. Murray Jr.

Founder & Prostate Cancer Survivor
Curt Cares, Inc.



MEDICAL DISCLAIMER

Please read before using this guide.

The information in this guide is provided by Curt Cares, Inc. for educational purposes only. It is not intended to replace professional medical advice, diagnosis, or treatment.

EDUCATIONAL PURPOSE

This guide is designed to educate, inform, and encourage conversations about prostate health. It is not a substitute for care from a licensed healthcare professional.

NOT MEDICAL ADVICE

The content in this guide should not be interpreted as medical advice. Decisions about your health should be made in consultation with your healthcare provider based on your individual circumstances.

CONSULT YOUR HEALTHCARE PROVIDER

Always speak with a qualified healthcare professional about your symptoms, PSA results, screening decisions, treatment options, and overall health.

EMERGENCY SITUATIONS

If you believe you are experiencing a medical emergency, call 911 or go to the nearest emergency room immediately.

NO DOCTOR-PATIENT RELATIONSHIP

Reading this guide or using Curt Cares resources does not establish a doctor-patient relationship between you and any healthcare provider or Curt Cares, Inc.

MEDICAL INFORMATION CHANGES

Medical research, screening guidelines, and treatment recommendations evolve over time. Information in this guide is current as of the date of publication but may change. Consult current sources and your healthcare provider for the most up-to-date guidance.

EXTERNAL RESOURCES

This guide may include links to websites or resources provided by other organizations. These are offered for your convenience only. Curt Cares, Inc. does not endorse or guarantee the accuracy of third-party content.

ACCESSIBILITY

If you have questions or need help understanding any of the information in this guide, please talk with your healthcare provider or a trusted health professional.



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Your guide. Your journey. Your conversations.

This guide is here to help you navigate the conversations that matter most—so you can feel informed, supported, and never alone.



GETTING STARTED

Why conversations matter and how this guide can support you every step of the way.



YOUR DIAGNOSIS IS ONLY PART OF YOUR STORY

Understanding the emotional impact of prostate cancer and why connection is a powerful part of healing.



TALKING WITH YOUR HEALTHCARE TEAM

Questions to ask, how to prepare, and tips for getting the most out of every appointment.



TALKING WITH FAMILY AND FRIENDS

Guidance for meaningful conversations with the people who care about you most.



LIFE AFTER TREATMENT

Support for recovery, managing changes, and building a strong, healthy future.



CURT CARES RESOURCES & NEXT STEPS

Tools, support, and ways to stay connected and make an impact in your community.



A SIMPLE ASK CAN MAKE A BIG DIFFERENCE.

Start the conversations. Share this guide. Show how much you care.



YOU DON'T HAVE TO FIGURE THIS OUT ALONE.



This guide was created to walk with you through the overwhelming moments, the important decisions, and the conversations that can change everything.

We're with you.



It starts with a conversation.



YOUR DIAGNOSIS IS ONLY PART OF YOUR STORY

Conversations can change everything.

Hearing the words “You have prostate cancer” can shake you to your core. It brings a flood of emotions—fear, uncertainty, anger, sadness, and a million questions. You may feel overwhelmed, worried about the future, or unsure of who to turn to.

Many men respond to that fear by staying silent. They try to be strong. They push through it alone. They avoid difficult conversations because they don’t want to worry their family or seem weak.

But silence can be heavier than the diagnosis itself.

Opening up—when you’re ready—can bring relief. It can strengthen your relationships, improve your care, and remind you that you have a team walking beside you.

“

REMEMBER:

You don’t have to have all the answers before you begin the conversation.



A small conversation today can lead to better outcomes tomorrow.



BUILDING A SUPPORT NETWORK

You don’t have to go through this alone. A strong support system can provide emotional strength, practical help, and encouragement when you need it most.



COMMUNICATION IMPROVES CARE

When you speak openly with your healthcare team, you get clearer answers, better treatment decisions, and care that’s right for you.



STRONGER RELATIONSHIPS

Honest conversations create trust and bring you closer to the people who love and care about you.



PROTECTS YOUR MENTAL HEALTH

Talking about what you’re feeling reduces stress, anxiety, and isolation. Your mental health matters just as much as your physical health.



EMPOWERS YOUR JOURNEY

Asking questions and staying informed helps you make confident decisions and take an active role in your health and healing.

VULNERABILITY IS STRENGTH

It takes courage to speak up. It takes even more courage to listen, to ask for help, and to let others in. Remember:

- ✓ **You are still you.** Your diagnosis does not define your worth, your purpose, or your future.
- ✓ **You are not a burden.** The people who love you want to walk this journey with you.
- ✓ **You are not alone.** There is a community of survivors, caregivers, and supporters ready to stand with you.



DID YOU KNOW?

Studies show that men who engage in open communication with their doctors and loved ones are more likely to:

- Follow their treatment plans more consistently
- Experience lower levels of anxiety and depression
- Have better overall health outcomes
- Feel more confident in their decisions



TALKING WITH YOUR HEALTHCARE TEAM

You are the center of your care.

Your healthcare team is here to help you make informed decisions and achieve the best possible outcomes. Open, honest communication leads to better care, fewer surprises, and greater peace of mind.



YOU ARE PART OF THE TEAM.



Come prepared, ask questions, share your concerns, and speak up. There are no “silly” questions when it comes to your health.

BEFORE EVERY APPOINTMENT



WRITE DOWN YOUR TOP CONCERNS

Identify your three biggest questions or concerns before your visit.



BRING SOMEONE YOU TRUST

A family member or friend can help listen, take notes, and ask questions.



TAKE NOTES

Use a notebook or your phone to write down important information.



DON'T BE AFRAID TO ASK

Ask your doctor to explain things in a different way if you don't understand.



BRING IMPORTANT INFORMATION

List of medications, other medical conditions, previous test results.



QUESTIONS ABOUT YOUR DIAGNOSIS

- What exactly is my diagnosis?
- What is the stage and grade of my prostate cancer?
- How do my test results (PSA, Gleason score, MRI, biopsy, etc.) affect my diagnosis?
- Is my cancer considered aggressive or slow-growing?
- What are the risks if I choose not to treat it right away?
- Do I need any additional testing or imaging?
- What does my prognosis look like with and without treatment?
- Do you recommend a second opinion?
- What resources or specialists do you recommend?



QUESTIONS ABOUT TREATMENT

- What are my treatment options?
- What are the benefits and risks of each option?
- Which treatment do you recommend and why?
- What are the potential side effects of treatment?
- How might treatment affect my long-term quality of life?
- How will treatment affect my sexual function and fertility?
- How long will treatment take?
- What happens if the treatment doesn't work?
- Are there clinical trials I should consider?



QUESTIONS ABOUT RECOVERY

- What can I expect during recovery?
- When can I return to normal activities (work, exercise, etc.)?
- What side effects might continue after treatment?
- How will we monitor my progress after treatment?
- How often will I need follow-up appointments and testing?
- What symptoms or changes should I report right away?
- Are there lifestyle changes you recommend?
- Where can I find support during recovery?



BEFORE YOU LEAVE THE OFFICE

- 1 I understand my diagnosis and what it means.
- 2 I understand my treatment options and next steps.
- 3 I know what to expect and what to watch for.
- 4 I have written down any follow-up instructions or referrals.
- 5 I know how and when to contact the office if I have questions or concerns.



QUICK REMINDER

You have the right to information, second opinions, and the best care possible.



Your voice matters. The more you know, the more confident you can be in your care.



TALKING WITH FAMILY AND FRIENDS

You don't have to go through this alone.

The people who care about you want to help, but they may not know how. Honest conversations can bring you closer, reduce stress, and create the support you need during treatment and beyond.



IT'S OKAY TO START THE CONVERSATION.



You set the pace. Share what you're comfortable sharing, and let others know what kind of support helps you the most.



TALKING TO YOUR SPOUSE OR PARTNER

Your partner is on this journey with you. Keep the lines of communication open.

- **Fear:** Be honest about your fears and listen to theirs.
- **Intimacy:** Changes are normal. Talk openly and be patient with each other.
- **Finances:** Discuss any financial concerns and create a plan together.
- **Expectations:** Share what you need and what you hope for during recovery.



TALKING TO ADULT CHILDREN

They may be worried but unsure how to ask.

- Be open and give them the facts.
- Let them know how they can help.
- Reassure them that it's okay to ask questions.
- Share your hopes for the future.



TALKING TO GRANDCHILDREN

Keep it age-appropriate and honest.

- Use simple words they can understand.
- Reassure them that you are getting good care.
- Encourage them to share their feelings.
- Let them know they can still count on you.



TALKING TO YOUR FRIENDS

True friends want to be there for you.

- Let them know what kind of support you need—a meal, a ride, or just time together.
- Don't feel like you have to be strong all the time.
- It's okay to lean on them.
- Keep doing the things you enjoy together.



ASKING FOR HELP

Many men find it difficult to ask for help, but it's one of the strongest things you can do.

- Be specific about what you need.
- Accept help when it's offered.
- Remember, it's not a burden when people care about you.
- Let others show up for you.

EXAMPLES OF HOW TO START THE CONVERSATION

“

"I've been through a lot lately, and I could use your support." It would mean a lot to me."

“

"I don't need you to fix this. I just need someone to listen."

“

"There will be good days and hard days. I just want you to know what I'm going through."

COMMUNICATION TIPS



- ✓ Be honest, even when it's hard.
- ✓ Listen as much as you talk.
- ✓ Give yourself and others grace.
- ✓ Check in regularly with the people who matter.
- ✓ Celebrate the small victories together.



YOU ARE NOT ALONE.

The right conversations can bring healing, strengthen relationships, and remind everyone that hope is always within reach.



LIFE AFTER TREATMENT

Survivorship is more than the absence of cancer.

It's about healing your body, mind, and spirit—and finding your new normal. You may face challenges, but you will also discover strengths you never knew you had.

“

Recovery is not a destination. It's a journey—one day, one choice, one victory at a time.



PHYSICAL RECOVERY

Your body has been through a lot. Fatigue, changes in bladder and bowel and other side effects may take time to improve.

- Follow your doctor's guidance.
- Move your body—walking helps.
- Eat well and stay hydrated.
- Be patient with yourself.



EMOTIONAL RECOVERY

It's normal to feel a mix of emotions—relief, fear, anger, sadness, or even guilt. Your mental health is just as important as your physical health.

- Talk about how you feel.
- Consider counseling or support groups.
- Practice stress-reducing activities.
- It's okay to not be okay.



RETURNING TO WORK

Work can provide purpose and routine, but know your limits. Talk with your employer about what you need.

- Ease back when you're ready.
- Take breaks when you need them.
- Focus on progress, not perfection.
- Your health comes first.



MANAGING ANXIETY

Worry about recurrence is common. Learning healthy ways to manage anxiety can help you feel more in control.

- Stay informed, but avoid over-searching.
- Keep regular follow-up appointments.
- Focus on what you can control today.
- Lean on your faith, mindfulness, or relaxation practices.



INTIMACY & RELATIONSHIPS

Intimacy may look different after treatment, but connection is still possible and important.

- Be open with your partner.
- Ask your doctor about options.
- Take time, be patient, and explore new ways to connect.



CELEBRATING SMALL WINS

Every step forward is a victory. Celebrate the moments that remind you of your strength and progress.

- A good day is worth celebrating.
- Keep a gratitude journal.
- Surround yourself with positivity.
- You've come further than you think.

FIVE THINGS EVERY SURVIVOR SHOULD REMEMBER

- 1 RECOVERY LOOKS DIFFERENT FOR EVERYONE.**
There is no timeline or roadmap. Give yourself grace as you heal.
- 2 HEALING ISN'T ALWAYS LINEAR.**
There will be good days and hard days. Both are part of the journey.
- 3 YOUR MENTAL HEALTH MATTERS.**
Taking care of your mind is essential to living a full and meaningful life.
- 4 STAY ENGAGED WITH YOUR HEALTHCARE TEAM.**
Follow-up care and ongoing screenings are crucial for your long-term health.
- 5 YOUR STORY CAN ENCOURAGE SOMEONE ELSE.**
By sharing your experience, you can give hope and strength to another man facing this diagnosis.



You are a survivor. You are not defined by cancer. You are defined by how you choose to live beyond it.



YOU'VE GOT THIS.

Lean on your support team, trust the process, and keep moving forward. The best chapters of your life are still being written.

You are stronger than yesterday, and there is hope in every tomorrow.

Keep going. We're with you.



YOU DON'T HAVE TO DO THIS ALONE.

We're here for every step of your journey.

Curt Cares is dedicated to walking alongside men and their families—from diagnosis through recovery and beyond. Explore the tools and resources below and take your next step today.



CURT CARES RESOURCES



FIND A SCREENING

Use our Screening Locator to find trusted providers near you.

Take the first step toward peace of mind.



SUPPORT LOCATOR

Find local support groups, survivor networks, and community resources.

You don't have to go through this alone.



DOWNLOAD MORE GUIDES

Access helpful guides and tools for every stage of your journey.

Knowledge empowers. We've got you covered.



SHARE A CARD

Send a message of encouragement to a dad, brother, son, or friend.

A simple message can make a big difference.



SURVIVOR STORIES

Real stories from real men who've been there. Be inspired.

Your story can inspire someone else.



UPCOMING EVENTS

Join virtual town halls, workshops, and community events.

Stay connected. Stay informed.



GET INVOLVED.

Your impact matters.



VOLUNTEER

Donate your time and skills to help us reach more men and families.



DONATE

Your gift helps provide education, resources, and hope to those who need it most.



PARTNER

Together, we can create stronger, healthier communities for all.

“A Message from Curt

When I was diagnosed, I learned that strength isn't about going it alone—it's about having the courage to reach out, the wisdom to ask questions, and the faith to keep going.

You are more than your diagnosis. You are a father, a son, a friend, a leader. And your story is far from over.

Keep the conversation going. *We're with you.*

— Curt

TAKE YOUR NEXT STEP TODAY.

Scan the QR code or visit

CURTCARES.ORG

to access resources, find support, and join our community.



A SIMPLE ASK CAN MAKE A BIG DIFFERENCE.

IT STARTS WITH A CONVERSATION.

Start with how much you care.



MEDICAL DISCLAIMER

This guide is for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider with any questions you may have about a medical condition.

CURT CARES, INC.

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