



2026

PROSTATE CANCER AWARENESS MONTH



**Prostate Cancer
Awareness (PCa)
Month Theme:**

Partners in Care:
Through Diagnosis.
Through Treatment.
Together.



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Presented By:

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About: Prostate Cancer Awareness (PCa) Month

Prostate Cancer Awareness Month brings attention to one of the most common cancers affecting men and to the men, families, partners, caregivers, healthcare providers, and communities navigating prostate cancer.

A prostate cancer diagnosis affects far more than physical health. Treatment decisions, side effects, recovery, relationships, and long-term health often become a shared experience for the men diagnosed and those closest to them.

The 2026 PCa Month theme reflects the need to support along that journey:
Partners in Care:
Through Diagnosis. Through Treatment. Together.

Partners in care include spouses, family members, friends, caregivers, healthcare professionals, and survivors who provide information, encouragement, practical help, or simply a steady presence.

Prostate Cancer Awareness Month encourages men to understand their risk and stay engaged with preventive healthcare. Awareness and early detection remain important to improving outcomes.

From awareness and diagnosis through treatment, recovery, and survivorship, men should not have to navigate prostate cancer alone.



Partners in Care:
Through Diagnosis.
Through Treatment.
Together.



Scan for the FREE Toolkit:

Key Statistics:

Prostate cancer affects hundreds of thousands of men and their families in the U.S. each year.

More Than a Diagnosis:

Prostate cancer can affect physical health, emotional well-being, relationships, sexual health, urinary health, work, family responsibilities, and everyday life.



WHAT TO KNOW:

- About 1 in 8 men will be diagnosed in his lifetime.
- Prostate cancer is 1 of the most common cancers among U.S. men.
- Risk increases with age and family history.
- Black men face higher incidence and mortality rates.
- Early prostate cancer often has no noticeable symptoms.
- Some prostate cancers grow slowly; others are more aggressive.
- Many men live for decades after diagnosis, making survivorship and quality of life important parts of care.

EARLY DETECTION IMPROVES TREATMENT OUTCOMES.

Understanding your personal risk starts with knowing your family health history and talking with your family and healthcare provider about factors that may increase your risk for prostate cancer.



Prostate cancer affects more than the man diagnosed. Spouses, partners, families, and caregivers are Partners in Care, providing support through diagnosis, treatment, recovery, and survivorship.



AWARENESS MATTERS. EARLY DETECTION MATTERS.

When Prostate Cancer Affects Your Family

A diagnosis can affect the entire family, as partners, relatives, friends, and caregivers help navigate treatment, appointments, and support.

For Men Diagnosed:

- Understand diagnosis, treatment options, potential side effects, and daily life impact.
- Ask questions, involve someone you trust, and talk openly with your healthcare team.

For Partners & Families:

- **You do not need all the answers to provide meaningful support.**
- Listen, attend appointments when invited, help track information, and learn about prostate cancer together.
- Talk openly about how treatment may affect routines, relationships, intimacy, responsibilities, and family life.

For Caregivers:

- Caregiving may include transportation, appointments, meals, medications, household responsibilities, and / or emotional support.
- **Remember: Caregivers need care too.** Make time for your own health, questions, responsibilities, and well-being.

For Survivors:

- The prostate cancer journey can continue beyond treatment through follow-up care, monitoring, and managing long-term side effects.
- Sexual and urinary health, emotional well-being, relationships, and overall wellness remain important parts of survivorship.

**SURVIVORSHIP IS PART OF
PROSTATE CANCER CARE.**

**Partners in Care:
Through Diagnosis.
Through Treatment.
Together.**



The Prostate Cancer Journey

Every prostate cancer journey is different, but education, communication, and supportive care partnerships can help men and families navigate each stage.

Awareness & Early Detection

Understand your personal risk and stay engaged with preventive healthcare.

- Age, family history, race, genetics, and other factors can help guide conversations with your healthcare provider about screening.

Diagnosis & Options

Ask questions, take notes, research, and understand what your diagnosis means.

- Bring a trusted partner, family member, or friend to appointments to help listen and process information.

Treatment

Treatment varies by each individual and diagnosis.

- Work with your healthcare team and care partners to understand your options, potential benefits, side effects, and impacts on daily life.

Recovery & Adjustment

Communicate openly and know it's OK to seek support when needed.

- Recovery may include physical and emotional changes involving urinary health, sexual function, energy, relationships, and well-being.



Survivorship & Long-Term Health

Follow-up care and monitoring may be needed to continue with quality of life.

- **IMPORTANT:** Stay engaged to address any ongoing side effects, to prioritize your physical, emotional, and overall health, and to keep an open line of communication with your loved ones and your health care team.

Get Involved

Prostate Cancer Awareness Month is an opportunity for survivors, caregivers, families, healthcare professionals, and communities to educate, advocate, and support those affected by prostate cancer.

1. Share Trusted Educational Resources

- Share trusted MHN resources on prostate cancer risk, screening, diagnosis, treatment, and survivorship throughout your community.

2. Support Someone Affected by Prostate Cancer

- **Support can be simple:** check in, listen, help with meals or regular activities, drive or attend appointments, and ask about supporting caregivers. **Acts of kindness are always helpful.**

3. Host an Awareness Event

- Host a prostate cancer awareness event, health fair, survivor discussion, or fundraiser where men / families can learn, ask questions, and be connected with trusted resources.

4. Elevate Survivor & Caregiver Voices

- Invite survivors, caregivers, partners, and care professionals to share their experiences and help others feel supported and less alone.

5. Encourage Healthcare Engagement

- Encourage men to know family history, understand risks, maintain healthcare visits, and discuss prostate health and screening with their provider.

6. Support Men's Health Year-Round

- Support men's health education, advocacy, community outreach, and men's health initiatives throughout the year.



Scan & Donate Today:
Every shared resource,
conversation, and act of service
builds a culture where men and
families are better supported
throughout their health journeys.



More Ways to Get Involved

Host or Sponsor a Community Activity

Bring prostate cancer education and support into community spaces where men and families can connect with trusted information and resources.

"Wear Blue Day" Campaigns

Encourage your community to **Wear Blue** in support of men, prostate cancer survivors, and their families, paired with education, fundraising, or survivorship.

Health-Focused Events

Consider Hosting:

- Prostate cancer awareness talks
- Health fairs
- Educational workshops
- Survivor discussions
- Caregiver conversations
- Healthcare professional Q&As
- Workplace wellness programs
- Faith / community health programs
- Family health history activities
- Fundraisers
- Podcasts or video conversations
- Men's cancer awareness events

Support Someone Going Through Treatment

Supporting men with prostate cancer means caring for the loved ones and caregivers who walk alongside them.

Community support can start with one person:

- Offer a ride.
- Bring a meal.
- Help with errands.
- Attend an appointment.
- Check in with a caregiver.

Listen without trying to solve everything.
Stay connected after treatment ends.

Scan & Learn More About Hosting a Fundraiser & Men's Health Event:



Scan For:
Wear Blue



Scan &
Donate!



Share on Social Media...

Press Release
Example

Newsletter &
Blog Copy

Proclamation
Sample

Social Media
Examples

Scan for:
FREE Digital Media
Resources to
Download &
Use on Social
Media & Beyond



Social Media Samples

Post #1

♥ About 1 in 8 men will be diagnosed with prostate cancer during his lifetime.

This Prostate Cancer Awareness Month:

- 👤 Know your family health history
- 🩺 Understand your personal risk
- 💬 Talk with your healthcare provider about prostate health and screening
- 🤝 Support men and caregivers navigating prostate cancer

A check-in, a conversation, or simply showing up can make a difference.

Partners in Care:
Through Diagnosis. Through Treatment.
Together.

#ProstateCancerAwareness #PartnersInCare
#MensHealth #ProstateHealth

Post #2

♥ September is Prostate Cancer Awareness Month.

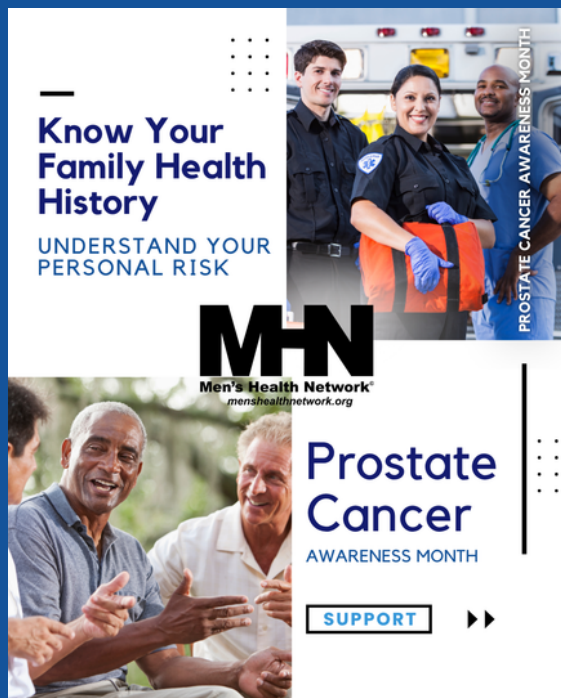
Black men are at greater risk of developing and dying from prostate cancer, making awareness, early detection, and access to care especially important.

🤝 This year, we're joining Men's Health Network in recognizing:
Partners in Care: Through Diagnosis.
Through Treatment. Together.

♥ Know your risk, stay engaged with your healthcare, and support the men and families affected by prostate cancer.

#ProstateCancerAwareness #PartnersInCare
#MensHealth #ProstateCancer

Graphic Example



Graphic Example



Proclamation Sample

WHEREAS

Prostate cancer is one of the most commonly diagnosed cancers among men in the United States, with age, family history, race, genetics, and other factors influencing individual risk; and

WHEREAS

Black men face a higher risk of developing and dying from prostate cancer, underscoring the importance of awareness, early detection, and access to appropriate healthcare; and

WHEREAS

Prostate cancer can affect physical and emotional health, relationships, quality of life, and the spouses, families, caregivers, and communities supporting men through diagnosis, treatment, recovery, and survivorship; and

WHEREAS

Prostate Cancer Awareness Month provides an opportunity to promote early detection, support men and their care partners, recognize survivors and caregivers, and increase understanding of prostate cancer;

NOW, THEREFORE, I, [Mayor / Governor Name], do hereby proclaim September 2026 as Prostate Cancer Awareness Month and encourage individuals, families, doctors, health care workers, workplaces, and communities to support prostate cancer awareness, education, early detection, treatment, survivorship, and those affected by the disease.

Share This...

Use the official "**Find Your Representative**" tool at [House.gov](https://www.house.gov) to locate your U.S. Representative using your ZIP code (**scan the QR code**).

Once identified, **contact their office by phone or email** & urge them to prioritize men's health initiatives. Emphasize the need for **prevention, early detection, mental health support, & policies** that address the **Lifespan Gender Gap**.

Men die years earlier on average & face higher rates of preventable disease. Supporting men's health strengthens families, workplaces, & communities. ***Your voice can help make it a priority.***



Newsletter & Blog Copy

Newsletter Content

September is Prostate Cancer Awareness Month, recognizing men affected by prostate cancer and those who support them.

This year's theme, "Partners in Care: Through Diagnosis. Through Treatment. Together," highlights the importance of support at every stage.

Learn more, support, and help ensure no man navigates prostate cancer alone.

Blog Copy

[Organization Name] is proud to join Men's Health Network in recognizing Prostate Cancer Awareness Month this September.

The 2026 theme, "Partners in Care: Through Diagnosis. Through Treatment. Together," recognizes prostate cancer affects more than the men diagnosed, but also the families, caregivers, and communities who support them.

From appointments to treatment decisions or recovery and survivorship, support makes a difference. Awareness begins before diagnosis by understanding personal risk, knowing family health history, and staying engaged with healthcare.

This September, let's recognize men affected by prostate cancer and those who walk beside them. **Through Diagnosis. Through Treatment. Together.**

Website Promotion

[Organization Name] is joining Men's Health Network this September in recognizing Prostate Cancer Awareness (PCa) Month, plus the men, survivors, families, and caregivers affected by prostate cancer every day.

2026 Theme:

**Partners in Care: Through Diagnosis.
Through Treatment. Together.**

Support matters during diagnosis, treatment, recovery, and survivorship. This month, learn more, share trusted resources, and support men and families affected by prostate cancer.

**Scan for Brand Guidelines
& MHN Logos**



Press Release Example

FOR IMMEDIATE RELEASE

[Organization Name] Recognizes Prostate Cancer Awareness Month and Those Impacted by Prostate Cancer

[City, State] — [Organization Name] is joining Men's Health Network (MHN) this September in recognizing Prostate Cancer Awareness Month and the men, families, and caregivers affected by prostate cancer.

Prostate cancer is one of the most commonly diagnosed cancers among men in the United States, with its impact often extending through treatment, recovery, and survivorship.

The 2026 theme, "Partners in Care: Through Diagnosis. Through Treatment. Together," recognizes men facing prostate cancer and the families, caregivers, and healthcare professionals supporting them throughout the journey.

"Prostate Cancer Awareness Month is a core anchor program at Men's Health Network. Bringing attention to this deadly disease helps us to save lives," said Ronald Henry, President of Men's Health Network. "The Lifespan Gender Gap can be closed if we work to reduce preventable deaths through early detection and treatment."

Throughout September, individuals and organizations are encouraged to share educational resources, support survivors and caregivers, host awareness activities, and encourage men to understand their risk and stay engaged with their healthcare. Support Prostate Cancer Awareness Month by sharing MHN resources in your workplace, organization, community, or household.

[\[LINK TO TOOLKIT\]!](#)

For more information about prostate cancer awareness and men's health resources, visit: www.MensHealthNetwork.org



Share This...

Your voice can help make it a priority: Contact your Representative & emphasize the need for prevention, early detection, mental health support, & policies that address the Lifespan Gender Gap.

Resources:

Trusted information and strong care partners can help men, families, and communities navigate prostate cancer and then survivorship.

DONATE:



BECOME AN AMBASSADOR:



CERTIFIED MEN'S HEALTH EDUCATOR (CMHE):



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