



Quick Recap

Prostate cancer is common in men over 50 and often treatable when found early. Screening and shared decisions with your clinician protect long-term health.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.

Understanding Prostate Cancer

Early Detection. Better Outcomes.



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Discuss screening start age: 50 general population; 45 if high risk; 40 if strong family history.
- Medication and appointment adherence during treatment cycles.
- After surgery, do Kegel exercises daily to recover continence; commit to a routine.
- Nutrition: vegetables, whole grains, lean protein; limit processed and charred meats.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Urinary flow, frequency, nocturia, burning, or blood tracked between visits.
- Bone pain, unexplained weight loss, or fatigue in advanced disease—report promptly.

Good to know

- The prostate is a walnut-sized gland below the bladder that makes fluid for semen.
- Slow-growing prostate cancers are highly treatable when found early.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Talk to your doctor today about screening if you are due.
- Maintain healthy weight and regular exercise.
- Understand each treatment option's benefits and side effects before deciding.
- Regular exercise lowers risk and supports recovery.