

## **Soundbite script – Don't wait until it hurts**

**Ben Guth, advanced practice nurse, OSF HealthCare**

"Men will often tell me, 'I don't have any problems. Everything feels fine. I don't need to see you. Unfortunately, all issues won't really present as a symptom until they're in the more moderate to severe stages.'" (:15)

**Ben Guth, advanced practice nurse, OSF HealthCare**

"No one wants to be told that they have high blood pressure, that they have diabetes. But I would counter that by saying it's better to go early to get screened, to have your doctor as your health consultant, to check in once a year to make sure that everything's OK. So that when you do go, you have a better idea of how it's going to turn out." (:24)

**Ben Guth, advanced practice nurse, OSF HealthCare**

"We all have our financial consultants. We all have a car that needs regular oil changes. We all have taxes that need to be filed. We all have a body that needs to be taken care of. So come in once a year to have a good once over. And what's nice about those visits is you'll get some blood work done. We'll be able to do a lot of different screenings, and you'll get that checkup." (:26)

**Ben Guth, advanced practice nurse, OSF HealthCare**

"The recommendation for any healthy man is to start at age 50. Typically, we will screen sooner if there are certain risk factors, or you're in a population that has a higher chance of developing prostate cancer. In my practice, I usually start the conversation with men in between 40 and 45 for prostate cancer." (:21)

**Ben Guth, advanced practice nurse, OSF HealthCare**

"I think all men should have a primary care provider. It's important to see them annually, to have those checkups, so that you have the peace of mind to know that everything is good. I can go about my day-to-day life, doing what I need to do, whether that's working, taking care of family, taking the kids to sporting events. You want to have that peace of mind to know that I'm going to be there for them for a long time." (:30)