

TRANSCRIPT- A message to men: Don't wait to get checked

Cindy and Paul Segobiano, prostate cancer survivor from Bloomington, Illinois

Cindy Segobiano says it was so comforting that within days her husband Mark's prostate cancer diagnosis, they had a treatment plan.

"We got to Dr. Gomez who referred us to Dr. Stang, and we had a plan immediately," she remembers. "That to me was such a blessing that we had immediate attention and an immediate plan. The staff was so confident." (:20)

Mark's treatment plan used radiation designed to precisely target a tumor while limiting exposure to surrounding tissue. His wife Cindy says it seemed different from the treatment Mark received when he was diagnosed with leukemia years ago.

"It was a game-changer for us to be able to be treated in our own hometown. I just remember that day we had such a comfort zone knowing that hey, 'we got this.'" (:15)

Mark Segobiano says the care he received from the medical team at the OSF Cancer Center in Bloomington helped make an otherwise difficult experience more manageable.

"The staff over there was just unbelievable ... so friendly, so warm and inviting. They made you feel very comfortable even though you were going through a process you really didn't want to go through. I think that has a lot to do with your comfort zone as well – the staff around, and they were fantastic," Mark recalls. (:21)

Men can sometimes be reluctant to seek medical care particularly when symptoms seem minor or they otherwise feel healthy. Mark warns against complacency.

"Don't be afraid to say, 'Yeah, I need to go get checked out,' whether it's something small, because small things turn into big things and you don't want them to get to that point," says Mark. He adds, "I would highly suggest that if you're at a stage in your life, and we all know what stages those are, that you go ahead and get checked out." (:18)