# Health and Wellness – Heart Health Pocket Guide



**Your heart health matters, especially during and after prostate cancer treatment.**

Heart disease is the leading non-cancer cause of death among men with prostate cancer. Certain treatments, including hormone therapy, can also increase cardiovascular risks, making it especially important to take steps to protect your heart.

**The good news? Small changes can make a big difference.** Staying active, eating a heart-healthy diet, monitoring blood pressure, and getting enough sleep can all help support your long-term health.

# Heart Health Pocket Guide




If you or someone you love has prostate cancer, protecting your heart is just as important as treating the cancer.

To help you take charge of your heart health, PCF has created a free **Prostate Cancer & Heart Health Pocket Guide** featuring practical tips, important risk factors to know, and questions to ask your doctor.

**A healthier heart starts with knowing your risk.** Download your free guide today and take an important step toward protecting your health.

[Download the guide]

### Want to learn more?

Watch PCF's webinar, ***Protecting Your Heart Health During and After Prostate Cancer***, for additional insights on managing cardiovascular risks and staying healthy throughout your prostate cancer journey.




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