

This September, Dr. David Samadi Calls on Men to Take Charge of Their Prostate Health

NYC Prostate Cancer Surgeon, Dr. David Samadi, reminds men that early screening and smart choices can save thousands of men's lives every year

NEW YORK CITY, NY, UNITED STATES, September 10, 2025 / EINPresswire.com/ -- "Men, take action: schedule a [PSA test](#) this week," stresses Dr. David Samadi, a world-renowned urologic oncologist, robotic surgeon, and author of the book, [Prostate Cancer, Now What? A Practical Guide to Diagnosis, Treatment, and Recovery](#). "Every three minutes, a man hears the words no one wants to hear: 'You have prostate cancer.' These men are our fathers, husbands, brothers, sons, friends, neighbors, and colleagues. September is [Prostate Cancer Awareness Month](#), a key time for men to learn about the disease, get screened, and support those at risk."



Men of all ages can defend against prostate cancer by living a healthy lifestyle—working out and staying physically fit are two of the best steps they can take.

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Dr. David Samadi

Thanks to better early detection and treatments, prostate cancer deaths have dropped by nearly 50%. Still, with over 313,000 new cases and almost 36,000 expected deaths in 2025, we need to keep taking action. To visualize, 313,000 new cases each year is like filling approximately 4,000 hockey arenas with newly diagnosed individuals, underscoring the urgency to address this ongoing health issue.

“Prostate cancer is the second leading cause of cancer death in American men, but it doesn't have to be,”

emphasized Dr. Samadi. “If caught early, survival rates are near 100%. Awareness and proactive health decisions save lives.”

Key Facts from the American Cancer Society:

- Prostate cancer is the second leading cause of cancer death in U.S. men.
- About 1 in 8 men in the United States will be diagnosed with prostate cancer during their lifetime.
- African American men face a higher risk: about 1 in 3 will be diagnosed with prostate cancer during their lifetime.
- Early diagnosis offers a nearly 100% five-year survival rate.

Lifestyle Choices Matter

While certain risk factors like family history of prostate cancer or race are unchangeable, there are important steps men can adopt into their daily lives helping lower their chances of getting prostate cancer.

“This complex disease does not have to take over a man’s life,” Dr. Samadi explained. “Men who make mindful decisions on diet, exercise, and lifestyle can significantly lower their risk and protect their future health.”

Prostate-Protective Habits Recommended by Dr. Samadi

- Choose to eat a healthy diet. Men can incorporate more prostate-protective foods, such as tomatoes, broccoli, soy products, and fish, into their daily meals. For example, men may consider starting the day with a tomato-spinach omelet instead of grabbing a quick drive-thru breakfast. For lunch, swap that high-fat deli sandwich for a fresh soy and veggie stir-fry. Aim to limit processed meats and high-fat dairy products, such as choosing a grilled fish dish over a creamy pasta for dinner.
- Exercise regularly, aiming for about 30 minutes most days.
- Keep a healthy weight to reduce risk.
- Stop smoking to lower your cancer risk.

Screening Saves Lives

Dr. Samadi emphasizes the importance of starting PSA (prostate specific antigen) screenings early, especially for those at higher risk, and encourages men to schedule a screening as soon as possible. “Consider John, who got checked at 45 due to a family history; early detection meant his treatment was successful and minimally invasive. Contrast this with Michael, who didn’t



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screen until symptoms appeared at 67, making his cancer harder to treat. The difference in their outcomes highlights the importance of early screening."

Dr. Samadi went on to add, "I urge men to talk with their doctor starting at age 40, and schedule their screenings. And I tell wives, girlfriends, and daughters to push the men in their lives to be proactive. Take charge—lives depend on it. I encourage women to ask, 'Can we put your PSA appointment on the calendar together this weekend?' These conversations can save lives by encouraging men to take the necessary steps for early detection and prevention."

Dr. David Samadi is the Director of Men's Health and Urologic Oncology at St. Francis Hospital in Long Island. He's a renowned and highly successful board certified Urologic Oncologist Expert and Robotic Surgeon in New York City, regarded as one of the leading prostate surgeons in the U.S., with a vast expertise in prostate cancer treatment and Robotic-Assisted Laparoscopic Prostatectomy. Dr. Samadi is a medical contributor to NewsMax TV and is the author of two books, The Ultimate MANual, Dr. Samadi's Guide to Men's Health and Wellness, and Prostate Cancer, Now What? A Practical Guide to Diagnosis, Treatment, and Recovery, available online both on Amazon and Barnes & Noble. Visit Dr. Samadi's websites at [robotic oncology](#) and [prostate cancer 911](#).

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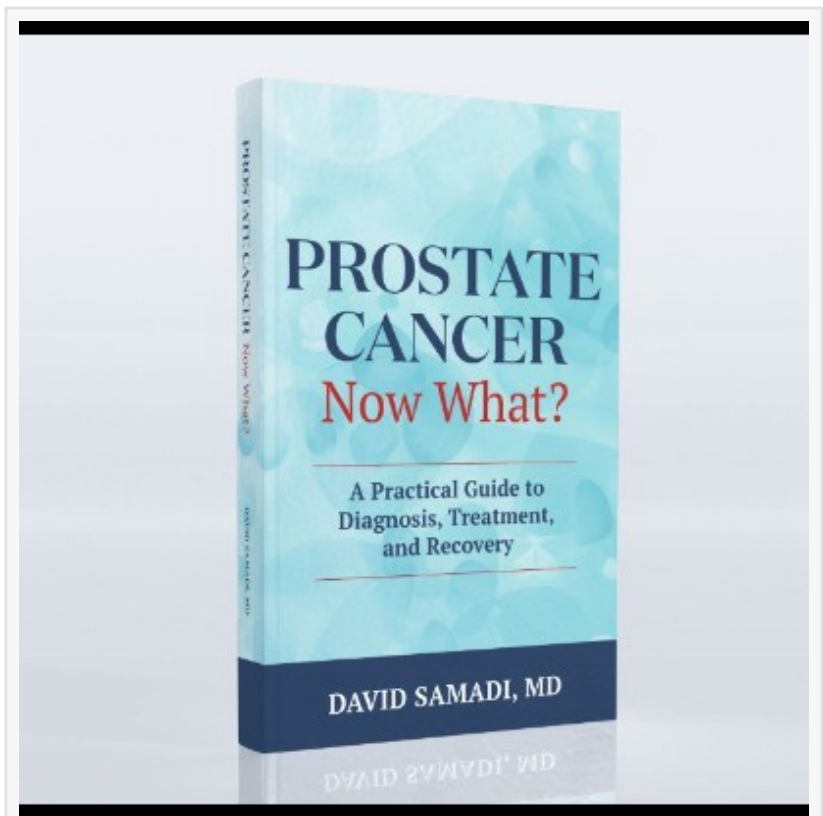
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