

KEN GRIFFEY SR.

“ I’ve lost four uncles to prostate cancer. It was a common topic in our home. Despite how much we’d talked about prostate cancer... when it came to my diagnosis, I was surprised by how hard it became for me to speak up. ”

BASEBALL LEGEND KEN GRIFFEY SR.

Griffey Sr. knows the devastation prostate cancer can have on a family. That’s why he’s teaming up once again with his son, Ken Griffey Jr. Together, the power hitters have an important message for men with advanced prostate cancer.



When former “Big Red Machine” outfielder and three-time All-Star Ken Griffey Sr. first learned he had prostate cancer, the diagnosis didn’t come out of left field. After losing four uncles to the cancer, he knew he was at risk and chose to make regular prostate exams a priority. This helped him catch his prostate cancer early.

However, nothing had prepared him for what would come next. After his diagnosis speaking up about prostate cancer became more difficult, especially when it came to telling his son, baseball great Ken Griffey Jr., as he didn’t want to become a distraction for his son and cause him to be off his game. But Griffey Sr. found his voice and shared the news. Now, the father-son duo hope to inspire other men to do the same.

The *Men Who Speak Up* movement encourages men with advanced prostate cancer to know the symptoms of progressing disease, like fatigue, difficulty walking or climbing stairs, unexplained pain, troubled sleep or daily use of pain medications. The program provides men the tools they need to break the silence and talk to their healthcare provider about symptoms they may be experiencing. Visit MenWhoSpeakUp.com to learn more.

