

Appendix 1. Outgoing text messages for field study

Day	Messages sent
1	[T1] The prostate is a walnut-sized gland, found only in men, located between the bladder and the rectum. [T2] The prostate gland makes fluid that carries sperm, and it helps to release sperm during sex.
1	[T1] Prostate cancer is extremely common – about 1 in 6 American men will be diagnosed with prostate cancer during their lives. [T2] It is more common in African-Americans, where about 1 in 5 will learn they have prostate cancer.
1	[T1] Prostate cancer is the second-leading cause of cancer-related deaths in men, but most men with prostate cancer will die from other causes. [T2] Many men who have prostate cancer will never have any health problems from their cancer.
2	[T1] Prostate cancer deaths are much more common in very old men than in younger men (71% of prostate cancer deaths are in men over age 75).
2	[T1] Prostate cancer can be treated, and it can be cured if detected early, but it usually has no symptoms during its early stages.
2	[T1] Being screened (tested) for prostate cancer may reduce your risk of dying from prostate cancer. [T2] But, we do not know if screening always saves lives, because most men with prostate cancer actually die from something else.
3	[T1] Men between ages 50 and 74 should talk to their doctor about the pros and cons of being screened (tested) for prostate cancer. [T2] Younger men with a family history of prostate cancer should also discuss screening with their provider.
3	[T1] Most men aged 75 and older should not be screened for prostate cancer, as the harms of treating these older men outweigh the benefits.
3	[T1] The two main screening tests for prostate cancer are digital rectal exam and a blood test for PSA. [T2] PSA means prostate specific antigen, which is a protein that the prostate makes. A PSA test checks if the amount of PSA in the blood is higher than normal. [T3] The amount of PSA will be higher than normal if there is cancer – but also if the prostate is enlarged or infected.
4	[T1] If screening tests (PSA, DRE) are abnormal a biopsy or other tests may be done to see if there really is prostate cancer, or if it's some other problem. [T2] If cancer is present, the biopsy can help to determine the type of cancer and how quickly it might grow or spread.
4	[T1] You should not be screened for prostate cancer if you wouldn't be willing to be treated for it. [T2] Common treatments for prostate cancer are surgery and radiation. Both of them can cause problems with sex or a loss of control over urine or bowel movements.
4	[T1] A provider might suggest "watchful waiting" for men whose prostate cancer is likely to be growing slowly and who might suffer more from treating it. [T2] Watchful waiting means not immediately treating the cancer but monitoring it over time to see how quickly or slowly it is actually growing.