



PROSTATE CANCER, DIET & EXERCISE

It is widely believed among prostate cancer survivors and some clinicians that diet and exercise may be factors in the incidence of prostate cancer in the western world. In the Orient the incidence of prostate cancer has been very much lower than in the West.

African-American Men at Risk

It is an established fact that men of African-American and Afro-Caribbean heritage are much more likely to get prostate cancer than their Caucasian fellow- countrymen. We also know that if Asian men come at a young age to live in the West that their prostate cancer rate becomes more like that of their Western contemporaries.

We also know that in Asian countries, which have traditionally had negligible prostate cancer rates, deceased elderly men tend to be found to have indolent cancer tumours in their prostate. This would indicate that the formation of cancer tumours in the prostate is a normal occurrence in men. The majority of men are completely unaware of them and untroubled by them.

Changing Diet

When men get a diagnosis of prostate cancer they often change their dietary regime but in truth, all men in their 50s and 60s should be changing their diet. They should be eating less red meat, more fish, more vegetables and more fruit. Weight gain, particularly around the midriff is known as a factor in certain cancers and Type II diabetes.

Lack of exercise is also a negative factor for health generally but for many prostate cancer patients it is particularly high risk. Men who are on long-term androgen blockage (hormone therapy) experience osteoporosis and may be prescribed bone strengthening medication such as bisphosphonates like women often take after the menopause.

Moderate exercise such a brisk walking and resistance training with light weights can promote bone growth and reduce the incidence of skeletal-related events (SREs) or bone fractures.



CONTACT US

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