



## 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.*

### 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.*

### Green Tea, Red Wine, Turmeric, Broccoli, Pomegranate, et al.

*Many foods are high in antioxidants and this food property is thought to protect against cancer development. The problem for prostate cancer survivors is that they have already developed the disease so increasing the intake of these antioxidants in the diet might be seen as a case of shutting the door after the horse has well and truly bolted. However, as a significant proportion of prostate cancer patients experience a recurrence of their cancer it is an issue which perhaps should be addressed. Whether the taking any of these foods or products high in antioxidants has any affect in preventing recurrence of prostate cancer is an open question.*



*Few of these foods and products have been subject to scientific testing such as randomised Phase III trials and long-term follow-up.*

*A balanced diet, which is high in vegetables, some fruits and oily fish but low in saturated fats, salt and sugar and a big one for men – meat in moderation – maybe only a 100g (4 oz) per day would be good for us and the planet.*

*Diet is not enough – you must exercise even half an hour of brisk walking for 3 or 4 days a week is very beneficial. You don't have to beat yourself up with heavy work-outs in the gym but some resistance training with light 2kg or 3kg weights.*

### **Alcohol!**

*Alcohol is an issue for anybody with cancer. Alcohol (ethanol) is converted readily into sugars which are a favourite food of cancer cells. This can easily lead to weight gain and may be a factor in the onset of Type II diabetes. If you cannot give up alcohol completely, try to confine yourself to 2 days of moderate drinking per week.*