



PROSTATE CANCER PREVENTION



Prostate cancer is the 2nd most common cause of cancer death in men exceeded only by lung cancer. Any man can get prostate cancer but it's most common in older men, men with a family history of prostate cancer and in African American males. While you can't control age, genetics and race, there are some factors you can control and experts know that diet and exercise choices play a part in prostate cancer risk.

Research doesn't support any definite nutritional guidelines for preventing prostate cancer, but you can act on these suggestions:

1. Don't overeat.
2. Avoid high fat foods. Prostate cancer rates vary from country to country but the highest rates appear in countries where people tend to eat a lot of fat . . . and saturated fat poses the highest risk.
3. Make healthy choices. Choose foods high in fiber and limit sweets and salt.
4. Drink alcohol in moderation. No more than 2 drinks a day for men.
5. Eat a variety of fruits and vegetables.
6. Eat foods rich in omega-3 fatty acids.

The verdict is still out regarding whether the following foods may help prevent cancer and other health problems:

7. Eat soy products and legumes that contain phytoestrogens.
8. Drink green tea because it contains antioxidants.

Some nutrition research suggests that daily doses of the mineral *selenium*, *vitamin E* or both may help prevent prostate cancer. The Selenium and Vitamin E Cancer Prevention Trial is a large study that was launched in 2001 and is projected to end in 2013. This study will have data on prostate cancer incidence and treatment from more than 32,000 men!

*Don't forget about the FREE prostate cancer screening being held at **The Medical Center of Plano on Saturday, September 11th from 9-11:00 AM!** Screening includes a blood test and digital rectal examination. No appointment is required. For more information, please call 972.519.1106*

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