

TOP 10 THINGS YOU CAN DO TO HELP PREVENT PROSTATE CANCER

1. Eat fewer calories and exercise more so that you maintain a healthy weight.
2. Try to keep the amount of fat you get from red meat and dairy products to a minimum.
3. Watch your calcium intake. Do not take supplemental doses far above the recommended daily allowance. Some calcium is OK, but avoid taking more than 1,500 mg per day.
4. Eat more fish – evidence from several studies suggest that fish can help protect against prostate cancer because they have “good fat” particularly omega-3 fatty acids. Avoid trans fatty acids (found in margarine).
5. Incorporate cooked tomatoes (prepared with olive oil), which has also been shown to be beneficial, and cruciferous vegetables (like broccoli and cauliflower) into many of your weekly meals. Soy-based foods and green tea are also potential dietary components that may be helpful.
6. Avoid smoking for many reasons. Drink alcohol in moderation, if at all.
7. Seek medical treatment for stress, high blood pressure, diabetes, high cholesterol, and depression. Treating these conditions may save your life and will improve your survivorship with prostate cancer.
8. Avoid over-supplementation with megavitamins. Too many vitamins, especially folate, may “fuel the cancer.” While a multivitamin is not likely to be harmful, if you follow a healthy diet with lots of fruits, vegetables, whole grains, fish, and healthy oils you likely do not even need a multivitamin. Ask your doctor about herbal supplements as some may harm you.
9. Relax and enjoy life. Reducing stress in the workplace and home will improve your survivorship and lead to a longer, happier life.
10. For men 50 or older (40 or older for African-American men or those with a family history of prostate cancer), you should consider a yearly rectal examination and PSA test. Discuss the risks and benefits of these screening procedures with your doctor.



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