

Prostate Cancer Prevention Newsletter

Prevent Prostate Cancer by 2015

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Healthy Steps to Prostate Cancer Prevention: You Have the Control! *A Discussion with Susan Silberstein, PhD*

Scientists have been working for decades to understand what causes prostate cancer. Susan Silberstein, PhD, Executive Director of the Center for Advancement in Cancer Education, recently spoke with APCaP about evidence-based research findings associated with preventing prostate cancer. Her work is dedicated to combining the body's natural healing potential with advances in medical science. The following summarizes key points made by Dr. Silberstein about prostate cancer prevention.

Prostate cancer prevention should focus on the whole person and often requires some dietary, lifestyle, and environmental changes. Research demonstrates that each individual embodies a self-healing mechanism that is activated by giving the body essential tools for repair. Men striving to prevent prostate cancer can empower their health by boosting their immune system, balancing their hormones, and making better lifestyle choices.

Diet, Diet, Diet:

What Foods Promote Prostate Cancer?

Approximately 75 percent of prostate cancer prevention involves dietary choices. Research has demonstrated that several foods should be avoided or greatly reduced, including **fats from animals, certain oils, proteins such as cooked red meats, high amounts of cheese and milk, as well as sugar.**

Research on 65,000 men suggests a four-fold higher risk of prostate cancer for men who regularly consume meats, cheese, and milk. These foods promote prostate cancer in part through the growth hormones that are injected into cattle in the United States. Bovine growth hormones are potent stimulators of cancer.

In addition, sugar suppresses the immune system and influences tumor cell growth. Most refined sugars also stimulate the release of high insulin levels. Research indicates that high insulin levels in men are associated with higher risks of prostate cancer.

"Men who are willing to make dietary changes have a significant chance of preventing and possibly reversing prostate cancer disease," says Dr. Silberstein.

What Foods Prevent Prostate Cancer?

Thousands of studies have shown that a variety of foods, antioxidants, and minerals, prevent the risk and reduce the aggressiveness of prostate cancer.

Fiber: Research demonstrates that fiber binds to, and escorts out of the body, circulating hormones and carcinogens that support prostate cancer growth. Because fiber decreases the intestinal transit time, foods with fiber are key to a healthy bowel and efficient elimination since constipation is a risk factor for prostate cancer. One study shows that 50 or more grams of fiber per day reduced prostate cancer disease by 50 percent. Sources of fiber include **whole grains, brown rice, whole oats, buckwheat, whole fresh fruits, vegetables, fresh and raw seeds, nuts, peas, and legumes, as well as fiber supplements.** Several studies demonstrate that **freshly ground flax seeds**, which are high in Omega-3 fatty acids, reduce the growth of prostate tumors, and do so more effectively when combined with a low fat diet.

Vegetables & Fruits: Current recommendations are that men should eat ten or more servings per day of vegetables and fruits to help prevent prostate cancer. These foods boost the immune system and provide high levels of antioxidants to neutralize free radicals that cause cancer. Foods naturally orange, yellow, green, and red, have significant health benefits. Many studies show **lycopene**, an antioxidant found in red foods such as tomatoes and watermelon, prevents and reduces prostate cancer. **Cruciferous vegetables**, including broccoli, cauliflower, cabbage, Brussel sprouts, bok choy, chard, mustard greens, kale, rutabagas, and turnips, reduce prostate cancer risk. These vegetables protect cells from damage leading to cancer development. *(continued)*

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1-888-50-APCAP or 1-888-502-7227

Healthy Steps to Prostate Cancer Prevention *(continued from page 1)*

Protein: **Fresh fish** is a healthy source of protein and contains Omega-3 fatty acids that contribute to prostate cancer prevention.

Sulfur Compounds, Zinc, & Selenium: Prostate cancer cell growth and PSA levels are reduced by **garlic**, a sulfur compound. **Raw seeds and nuts**, which have high levels of zinc, contribute to prostate health. Studies also show that abundant levels of selenium support prostate cancer prevention, especially from sources such as **nuts, fish, grains, and flax**.

Lifestyle and Environment:

What Other Areas Require Better Balance?

Creating balance in the whole person to promote prostate cancer prevention may require changes on a variety of levels. Along with dietary improvements, those concerned with prostate cancer prevention should also evaluate the amount of stress in their lives. High levels of stress may contribute to the development of cancer. Stress can manifest hormonal, immunological, and other system imbalances in the body that are associated with prostate cancer. Men should assess how to **reduce stress** through eliminating unhealthy lifestyle choices and adding activities such as **exercise**.

Studies have shown that **social support** can influence the course of prostate cancer. Men without adequate social support might consider taking steps to cultivate the presence of more supportive relationships.

“Prostate cancer prevention should focus on creating balance in the diet, lifestyle, and environment,” says Dr. Silberstein.

Through making changes one step at a time, men can take control and reduce their risk of prostate cancer. By becoming wise medical consumers and taking action, men can empower themselves and potentially prevent the development of prostate cancer.

Susan Silberstein, PhD, founded the Center for the Advancement in Cancer Education in 1977. The Center’s mission is to provide free education on how to prevent, cope with, and beat, cancer through immune-enhancing approaches. More information can be found at www.beatcancer.org or 610-642-4810.



SELECT Closed for Enrollment

The National Cancer Institute’s Phase III study, Selenium and Vitamin E Cancer Prevention Trial (SELECT), closed for enrollment in June of last year. This study is evaluating the effectiveness of 200 mg of selenium and 400 mg of Vitamin E in decreasing prostate cancer risk. SELECT includes men 55 and older, as well as African-American men 50 and over, because prostate cancer strikes African-American men earlier and more often than white men.

Several studies have shown selenium and Vitamin E reduce prostate cancer risk. Both are antioxidants that help control cell damage leading to cancer. Selenium is found in Brazil nuts, seafood, rice, and wheat, and Vitamin E in vegetables, vegetable oils, nuts, and egg yolks. For more information on prostate cancer prevention clinical trials, contact the National Cancer Institute at 1-800-4-CANCER.

Prostate Healthy Grocery List!

- **Brown Rice, Whole Oats, Whole Grains**
- **Tomatoes**
- **Raw Seeds and Nuts, including Flax Seeds**
- **Fish**
- **Garlic**

- **Fresh Fruits**
- **Fresh Vegetables, especially those naturally Green, Red, Yellow, and Orange**



National Cancer Institute's Risk Factors for Prostate Cancer

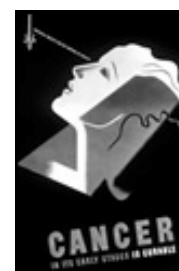
The National Cancer Institute's PDQ publication *Risk Factors for Prostate Cancer Development* discusses several areas of risk for the disease. The risk factors discussed in this resource relate to age, family history, hormones, race, dietary fat, cadmium, and dioxin exposure.

Age: The risk of developing prostate cancer increases as men get older and especially at age 50. However, a small percentage of men under 50 are diagnosed with the disease each year. At all ages, incidence in blacks exceeds those in whites.

Family History: Approximately 15 percent of men with a diagnosis of prostate cancer will be found to have a father or brother with the disease. Eight percent of the general male population without a first-degree male relative with prostate cancer will be diagnosed in their lifetime. Estimates approximate that 9 percent of all prostate cancers may result from heritable susceptibility genes.

Hormones: High levels of testosterone are associated with an increased risk of prostate cancer development.

Race: The risk of prostate cancer is dramatically higher among blacks, intermediate among whites, and lowest among native Japanese. However, this increase in risk may be due to other factors associated with race. Studies have shown a link between levels of testosterone and prostate cancer risk with black men having the highest levels.



Dietary Fat: A diet high in fat, especially animal fat, may be associated with an increased risk of prostate cancer.

Cadmium: Some studies suggest that cadmium exposure, which is occupationally associated with nickel-cadmium batteries and cadmium-recovery-plant smelters, as well as cigarette smoke, may be related to the development of prostate cancer.

Dioxin: Research indicates that dioxin, a contaminant of an herbicide used in Vietnam, and with similar components to herbicides used in farming, may be associated with prostate cancer.

Wall Street Journal Examines Early Diagnosis

A December 18, 2004 article in the *Wall Street Journal* examines the dilemma of prostate cancer early diagnosis. "At 32, A Decision: Is Cancer Small Enough to Ignore" tells the story of a young man with a slightly elevated PSA who receives conflicting opinions about his condition and next steps for treatment from several experts in the United States. The article presents the

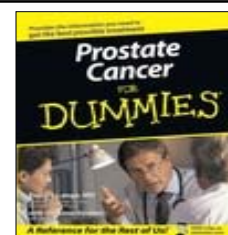
idea by a growing number of researchers that almost everyone harbors cells in their body that could be called cancer. For patients, the question is when to consider the cancer life threatening and allow treatments with side effects. This informative article also profiles a variety of diagnostic tests for prostate cancer.

Considering Prostate Screening?

The Centers for Disease Control (CDC) has prepared a decision guide for men who are considering a first-time prostate cancer screening test or who want more information on regular screening. *Prostate Cancer Screening: A Decision Guide* educates men about the prostate gland, prostate cancer, and prostate cancer screening. The guide can be ordered on the CDC's website at www.cdc.gov/cancer/publica.htm.

Prostate Cancer Awareness Resource

Dr. Paul Lange's book *Prostate Cancer for Dummies* is an excellent tool that may be useful in prostate cancer awareness programs. Paul Lange is a prostate cancer survivor and also a leading surgeon in prostate cancer research.





Prevent Prostate Cancer by 2015

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Behind the Scenes of APCaP: How Did APCaP Begin?

APCaP started with a conversation between a few men who had been personally affected by prostate cancer. After going through diagnosis and treatment, we all felt compelled to help others reduce their risk of enduring a similar experience. As our group and conversation grew larger, we agreed that the public requires more education about prostate cancer prevention.

Our non-profit organization has grown since its inception in 2002. APCaP now provides access to information and supportive prostate cancer prevention resources, a comprehensive Web site, regular forums with medical experts, and national events. We are the only patient-led organization supporting the prevention of prostate cancer.

Although APCaP is small in numbers and making important strides, we need more help to improve broader education about prostate cancer prevention.



We are currently considering additional Board Members, scientists for our Advisory Board, outreach and fundraising strategies, as well as overall goals for the next two years. We cannot accomplish our mission without more help. We invite you to contact us if you are interested in joining our efforts. Please consider reaching us by telephone or email today!

Did you know?

- One in eight men will be affected by prostate cancer.
- African American men have twice the incidence and mortality rate.
- Only 50 percent of men over 50 have prostate cancer screening each year.
- When detected and treated in its early stages, the five-year survival rate for prostate cancer is 100 percent.