

Importance of Prostate Health

Promote Health, Promote Awareness

Did You Know

Prostate cancer is the most common non-skin cancer among men and the second-leading cause of cancer-related deaths in men.

One in every six men in the United States will be diagnosed with prostate cancer.

Reference

1. <http://www.cancer.org/treatment/treatmentsandsideeffects/guidetocancerdrugs/drug-may-lower-prostate-cancer-risk-but-cause-other-problems>
2. <http://www.cancer.gov/cancertopics/pdq/prevention/prostate/Patient/page3>
3. <http://www.mayoclinic.com/health/prostate-cancer-prevention/MC00027>
4. http://eb.gmnews.com/news/2013-06-06/Front_Page/Men_Is_it_time_for_your_cancer_screening_June_is_M.html
5. http://www.theplc.net/Preventing_Prostate_Cancer.html

REDUCE THE RISK

Helpful tips for reducing the risk of Prostate Cancer!

Studies show that half of all men will develop some form of cancer in their lifetime, the most common of which are prostate and colorectal. Advancement in science has enabled most forms to be controlled with early detection, and risk reducing practices.

While there is no proven prevention for prostate cancer simple changes in routine and lifestyle can greatly reduce a patient's risk of cancer.

- **Eat healthy**

- Eat more fish – Fish contains Omega-3 fatty acids, which are better than the fats from red meat.
- Add tofu and green tea to your diet. Tofu (or soy) is beneficial because of isoflavones from the soy. If you're not sure about tofu, isoflavones can also be found in peanuts, chick peas, lentils, and kidney beans.

- **Maintain a healthy lifestyle**

- Studies show men who exercise at least 30 minutes a day have a decreased risk of developing prostate cancer.
- Use fun to mask exercise: join a community team, bike for a fund, go dragon-boat racing, mountain climbing, or whitewater rafting; just get active!
- Drink more coffee! According to Harvard, drinking at least 6 cups of any caffeine level coffee can reduce risk.
- Avoid smoking, it causes cancer.

- **Stress isn't good for anyone**

- Reduce workplace stress by breaking down larger projects into smaller steps, organizing tasks into "shoulds" and "musts".
- Keep stress down at home by getting rid of paper piles, organizing helps make it feel like everything is manageable.

If your patients are over age 40, African-American or have a family history of prostate cancer, they should consider a yearly rectal examination and PSA test.