



***Chronic illnesses like prostate cancer, affect the entire family. We want to encourage family members to get involved before it's too late to make a difference. Women can play an important role by encouraging men to adopt a healthy lifestyle.***



*The mission of the Foundation for Cancer Research and Education is to decrease the death rate from prostate cancer while enhancing quality of life. Our focus on prostate cancer research will be a model for the treatment of other cancers and will prevent heart attacks and strokes.*

*Our educational efforts are to acquaint the general public, cancer patients, and health care professionals with recent advances in prevention, diagnosis, and treatment of prostate cancer.*

*FCRE advocates comprehensive cancer care, which means understanding all of the available cancer treatment options and combining them if necessary. A comprehensive program also includes evaluation and treatment of cardiovascular disease, obesity, diabetes, or any other disease that affects overall health.*

*FCRE partners with other foundations, institutes, institutions, hospitals, and support groups to host conferences, seminars, special events, and produce publications to reach as many men and women as possible. Our information comes from the best available science and is grounded on solid, evidence-based medicine gleaned from well-designed clinical trials.*

*To make a donation, request brochures, or to sign up for our newsletter, please contact us on the web, via email/postal mail, or by phone.*

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# Prostate Cancer



## Prevention

**[www.thefcre.org](http://www.thefcre.org)**

## PREVENT PROSTATE CANCER

Fifty percent of men over age 60 have prostate cancer and African American men have the highest incidence of and mortality rates from prostate cancer. But adopting simple dietary habits now can greatly reduce your risk of ever developing the disease at all.

### Take Vitamin D!

In fact, research shows that Vitamin D deficiency is very common in the African American community and can lead to an increased risk of heart attack and congestive heart failure in addition to prostate cancer.



\*A PSA test costs anywhere from \$50 to \$150: the equivalent of a dinner for two at a nice restaurant.



## LIFESTYLE

### Exercise

Exercise helps you lose weight; obesity is a precursor to prostate cancer, diabetes, and cardiovascular disease. Aim for 30-40 minutes at least 3 times per week.

### Make time every day to relax.

Stress relief and a positive outlook are linked to longevity.

### Take charge of your general health.

Yearly vaccinations and regular colon screenings are recommended.

## DIET

Avoid red meat (unless grass fed), dairy fat, and yolks.

These foods are linked to prostate cancer.

Avoid canola and flaxseed oil.

Canola and flaxseed oil almost double your risk of developing prostate cancer.

Eat fish 3 to 4 times per week.

Fish and fish oil reduce the occurrence and progression of prostate cancer as well as promote heart health.

Use olive oil instead of vegetable oil.

Olive oil has a favorable impact on the prostate gland.

Consume a variety of fruits and vegetables.

Nutrient-dense foods promote both prostate and overall health.

Eat stewed or cooked tomatoes.

Enjoy natural lycopene as well as the supplement.

Eat a well-balanced meal.

Each meal should be comprised of 30% protein (fish, white meat poultry, and egg whites); 30% good fats to include almonds, pistachios, cashews, hazelnuts, macadamia nuts, avocados, or olive oil. Carbohydrate intake should be limited to less than 40% per day.