

Questions to Ask Your Doctor

How does my diet affect the health of my prostate?

How common is prostate cancer?

Are there any early symptoms?

Should I get tested for prostate cancer? When?



guide to

Prostate Health

Three Facts Every Man Should Know

- Obesity and high fat intake may increase the risk of prostate cancer.
- Regular exercise, which contributes to weight loss, can lower risks.
- Sunlight may protect against prostate cancer by promoting the body's production of Vitamin D. Another good source of Vitamin D is fortified milk.

Prostate-Protecting Diet

While studies do not support specific nutritional guidelines, research shows that healthy general nutrition may prevent or slow the progression of some cancers, including prostate cancer. Early studies of certain antioxidants such as goji juice, green tea and pomegranate juice are showing promising signs in fighting prostate cancer. Other foods under study include mushrooms, soy and tomatoes; and nutrients believed to be beneficial include fish oil and Vitamin E.



Did you know...

One in six American men is at lifetime risk of prostate cancer, but almost 100% of men diagnosed with prostate cancer are still alive in five years

Screening Basics

Screening is performed in a doctor's office using two tests: the PSA (prostate-specific antigen) blood test and the digital rectal exam (DRE). While experts vary in their recommendations regarding screening, testing is generally recommended for men ages 50 to 75 and earlier for men with increased risk. Ask your doctor when prostate cancer screening is right for you.

When To Call Your Doctor

Early prostate cancer usually has no symptoms. However, if you experience any of the following, call your doctor:

- Need to urinate frequently, especially at night;
- Difficulty starting urination;
- Weak or interrupted flow of urine;
- Blood in urine or semen;
- Frequent pain or stiffness in the pelvic area.

Did you know...

Some studies show that drinking four or more glasses of red wine weekly could cut the risk of prostate cancer in half.

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