



DIETARY ADVICE FOR MEN WITH PROSTATE CANCER

All men have a significant risk of developing microfocal prostate cancer during their lifetime. Whilst only a relatively small number (approximately 13%) will develop clinical disease, those who do so, can suffer the adverse effects which typify any cancer. It has been known for many years that oriental men do not suffer from clinical prostate cancer anywhere near as frequently as their fellows from the western societies. It has come to light, however, they do have the same incidence of microfocal disease. There is good evidence that it is dietary factors which account for this difference, and it would seem that appropriate diet modification can influence both the appearance and progression of clinical prostate cancer.

You will find below some proposed dietary modifications which may have an influence on the progression of prostate cancer.

- Fat should make up < 21% of total calorie intake
- Soy proteins
- Vitamin E - 20mg/day
- Selenium supplements

REDUCED FAT INTAKE

There have been some well-conducted animal studies demonstrating that reducing the percentage of fat in the total dietary calorie intake to < 21% can have a significant effect in decreasing the rate of tumour growth in animals with already established prostate cancer.

As well, there have been quite a large number (>10) epidemiological nutrition studies on human populations which demonstrate, that diets with a lower fat content result in a significantly lower risk of the development of prostate cancer.

SOY PROTEINS

Soya beans and soy proteins have been shown to inhibit tumour growth in animals with established prostate cancer, and human studies have demonstrated a decreased incidence of prostate cancer in men with diets high in these proteins.

VITAMIN E

Human studies into lung cancer revealed secondary information concerning prostate cancer – namely that Vitamin E supplementation can provide a protective effect from prostate cancer

SELENIUM

Men living in regions with a high Selenium content in the soil were noted to have a significantly lower incidence of prostate cancer. This was further investigated to show that it was the ingestion of selenium through food that exerted the protective effect. Selenium supplements were found to have the same effect.