



Beth Israel Deaconess
Medical Center



A major teaching
hospital of Harvard
Medical School

Food for Thought: Nutrition and Prostrate Cancer

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Boston, MA- 2009

Overview

- Risk factors
- Diet- Prevention and Treatment
- Supplements
- Lifestyle changes



Risk factors

- Age- over 65
- Race- African American
- Family history- first degree relative
- Diet and lifestyle



Diet- foods to avoid

- Excessive intake of saturated fats
- Trans fats
- Simple sugars



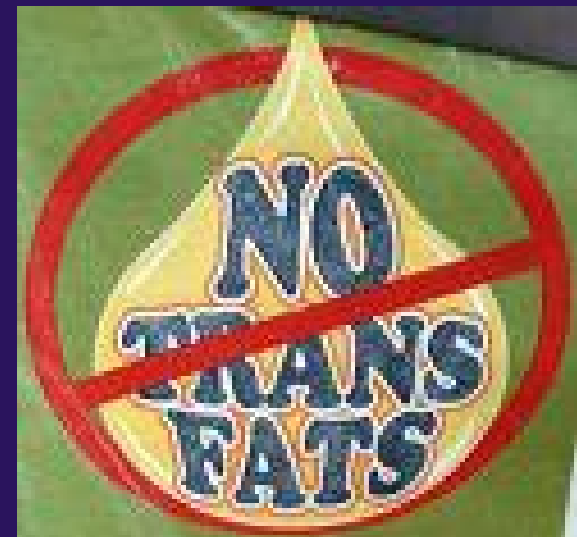
Saturated fats

- **Excess intake:**
 - Excess weight gain
 - Increases oxidation and inflammation of cells
 - Increases risk of cardiovascular disease
- **Examples:**
 - Red meat
 - Baked goods
 - Full fat dairy products
 - Fried foods/ trans fats



Trans Fats

- Examples:
 - Fast foods
 - Baked goods
 - Margarine



Simple sugars

- **Excess intake:**
 - Converted to fat
 - Weight gain
 - Diabetes, heart disease
- **Examples:**
 - Cakes, cookies & other baked goods
 - Candy
 - Soda
 - Products made from refined grains: white bread, rice, pasta



Diet- good choices

- **Macronutrients**
 - Whole grains: Whole-grain breads, cereals, rice, pasta, and legumes
 - Low fat/ lean protein
 - Unsaturated fats
- **Micronutrients**
 - Vitamins & Minerals: fresh fruits & vegetables



Essential nutrients

- **Lycopene: antioxidant**
 - Raw/ cooked/ tomato products
 - Grapefruits
 - Watermelon
 - Apricots
- **Other antioxidant-containing products:**
 - Pomegranate juice
 - Green & black tea
 - Variety of colorful fruits and vegetables



Prostate Cancer & Supplements

- Vitamin E
- Vitamin C
- Selenium

Recent studies found no reduced risk

Further research is needed



Check with your healthcare professional before including any over the counter supplements to your daily regimen



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Ongoing Research

- Soy protein: Isoflavones
 - Red clover
 - Soy beans
 - Tofu
 - Soy milk
- No definite outcomes at this time



Lifestyle Changes

- Eat a well balanced diet
- Physical activity
- Avoid smoking
- Reduce alcohol intake
- Limit stress
- Get enough sleep



Physical Activity

- May help reduce inflammation in the body
- Helps maintain healthy weight
- Promotes healthy bones, muscles and joints
- Reduces risk of chronic illnesses
- Relieves stress
- Improves self esteem
- Goal: at least 30 minutes of moderate to vigorous physical activity 5 times or more/ week.



Conclusion

- Choose a variety of fruits and vegetables
- Choose whole grains vs. simple
- Choose Unsaturated fats
- Limit intake of saturated fats
- Lean protein sources
- Engage in a regular exercise regimen





Questions ???