



The Project to End Prostate Cancer

5 THINGS YOU CAN DO TO LOWER YOUR RISK

GET SCREENED

Catching prostate cancer early **increases your odds of survival to nearly 100%**, but screening can also catch a **pre-cancerous** condition called **HGPIN**, and allow you to take action to slow or possibly even prevent pre-cancerous cells from becoming cancer.

Men over 45 should be screened every year. African American men and those with a family history of the disease should start at 40.

EAT RIGHT

Eat Your Veggies. Three or more servings a day of cruciferous vegetables, like broccoli and cabbage, can reduce your risk by as much as 40%.

Eat Your Tomatoes. Early studies show **lycopene**, found in tomatoes, can reduce the risk and slow growth of prostate cancer. The best way to get your lycopene is to eat tomatoes cooked with oil, as in pasta sauce, at least twice a week.

Eat Your Soy. Soy-based foods contain **isoflavones**, believed to slow growth and lower PSA levels in men with early prostate cancer. Also, countries with high soy consumption have far lower levels of prostate cancer than the U.S.

Eat Your Mushrooms. Mushrooms are a great source of **selenium**. Studies have shown men who regularly took selenium had half the risk of prostate cancer.

Take Vitamin E. A massive study is underway to confirm that vitamin E supplements can reduce prostate cancer risk by over a third.

Eat Your Fruits. Along with antioxidants, fruit contains **fructose**, a key player in the ability to process vitamin D, a major prostate cancer fighter.

DRINK RIGHT

Drink Your Coffee. A new study says coffee is the biggest source of cancer fighting **antioxidants**, 1,299 mg daily, for the average American adult. Tea came in second at 294 mg.

Drink Your Tea. Green tea is rich in **polyphenols**, believed to slow the growth of cancer. In a study of men with HGPIN found that men taking green tea supplements developed prostate cancer at a far lower rate than those who did not. Polyphenols are also found in **red wine** and **pomegranate juice**.

LOWER YOUR CHOLESTEROL

Research shows **high cholesterol levels** are strongly associated with advanced prostate cancer. The **“Western” diet**, high in the type of fat found in meat and dairy products, is also strongly associated with cancer rates – **eating red meat** 5x a week doubles your risk of prostate cancer.

Omega-3 Fatty Acids, found in fatty fish like salmon, increase your “good” cholesterol, and may actually help prevent cancer.

GET SOME SUN

Sunlight is Key to Processing Vitamin D. Men with increased levels of vitamin D may have as much as 45% reduction in risk of prostate cancer.

Calcium lowers vitamin D levels in the body, and high levels of calcium are associated with far higher risk of prostate cancer. So, watch your calcium consumption, eat fruit, and get plenty of sunshine.

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ZERO - THE PROJECT TO END PROSTATE CANCER

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