

Prevention Strategies for Overall Health

There have been several studies that have shown certain foods and/or dietary supplements to be effective in preventing prostate cancer or retarding its growth. A broader view of health contends that a nutritional intervention plan will not only be beneficial in managing prostate cancer, but also key in maintaining a heart healthy state as well.

As you talk with your doctor, it is important to discuss those things – diet, supplements, exercise, etc. – that will create a situation of whole body health.

Questions that can be asked of your doctor:

Apart from my concern about prostate cancer, do I have other medical conditions that should be addressed?

- Hypertension
- Diabetes
- BPH (enlarged prostate)
- Depression
- Obesity

Can Saw Palmetto help my enlarged prostate or help urine flow?

Should I take Selenium and Vitamin E to prevent prostate cancer?

Finasteride has been shown to reduce the risk of prostate cancer; can I take it safely or am I at risk from high-grade cancer in doing so?

As an African-American, should I be taking Vitamin D supplements?

Foods containing lycopenes, such as cooked tomatoes, help to slow the growth of prostate cancer; what other foods should I be eating?

I'm on a hormonal or other therapy for advanced stage disease; what type of foods or supplements should I be taking?

Is it important to drink water and how much should I drink per day? Should I use bottled water or is tap water safe enough?