

PROSTATE HEALTH



By The American Institute of
Health Care Professionals, Inc

PROSTATE CANCER PREVENTION



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What is Prostate Cancer?

The prostate sits below the bladder, in front of the rectum and wrapped around the urethra. It is a walnut-sized exocrine gland which is part of the male reproductive system. It is responsible for the production of a seminal fluid that transports and nourishes the sperm. Prostate cancer is a major concern and is tagged as the most common cancer among men. Prostate cancer is a disease that progresses initially in a very slow manner. It progresses so slowly that a man may not be aware that he has it for many years. Research shows that many men who have died of old age actually had prostate cancer and it was only discovered after an autopsy. When the rate of cancer growth accelerates is when the symptoms usually become noticeable. This rate of change is also used as a diagnostic and monitoring tool by doctors when treating the problem.

It usually starts as tiny alterations in the size and shape of the gland cells and this occurrence is referred to as PIN or Prostatic Intraepithelial Neoplasia (PIN). Research has shown that 50% of men at the age of 50 have PIN. However, these changes can only be seen by using a microscope. The symptoms can only be felt when a man's prostate becomes large enough to affect his urethra. This is when an individual will notice having an increased frequency of urination accompanied with a feeling that the bladder is never fully emptied despite several trips to the toilet. However, if you feel these symptoms, it is important to not self-diagnose and assume you have prostate cancer. This is because these symptoms may only mean that you have benign prostatic hyperplasia or BPH which is a non-cancerous type of prostate enlargement. When Prostatic Cancer Reaches Metastatic Stage

Once all the tests show that you have prostate cancer it has to be treated as soon as possible. If left untreated, cancerous prostate cells can spread to other parts of the body and this occurrence is referred to as metastasis. This is when the cancerous prostate cells may lodge, spread and grow to be secondary tumors into other areas of the body. Determining the Severity of Prostate Cancer Determining the stage of cancer is a very important step towards selecting which type of treatment plan to use. By the use of the TNM (Tumor/Nodes/Metastases) system the size of the tumor, the emergence of metastases and the number of lymph nodes involved will be determined.

A computer tomography is also used to be able to check whether the cancer cells have spread through the person's pelvis. Bone scans will also be done in order to find out whether the cancer cells have penetrated into the bones and an endorectal coil magnetic resonance imaging will also be used to be able to evaluate the seminal vesicles and the prostatic capsules. What Causes Prostate Cancer The exact cause of prostate cancer still remains to be discovered. However, statistics reveal that there are certain factors that increase a person's risk of developing the condition. The two main markers are age and genetics. As a male ages his chances of developing prostate cancer increases. In the vast majority of cases, prostate cancer was diagnosed among men aged 50 years and above. Men whose brother or father and other first degree relatives diagnosed with prostate cancer are at higher risk of developing the same condition.

What Causes Prostate Cancer?

The exact cause of prostate cancer is still the subject of study by many experts in the field of science and medicine. However, study after study suggests that there are several factors that may contribute to the development of prostate cancer and some of these are described below.

Age

The risk of prostate cancer increases with age. The American Cancer Society reports that ten per cent of cancer-related deaths among male elders involve prostate cancer and the majority of those affected were men aged 60 and above.

Environment

Men who have been living in countries north of 40 degrees latitude were found to be at higher risk of developing prostate cancer as they age compared to male individuals residing elsewhere. One reason for this is less exposure to sunlight which equates to not enough vitamin D in the body. This may contribute to one's risk of having prostate cancer.

Smoking

Although several studies have demonstrated the link between smoking and the development of solid tumors, the association between smoking and prostate cancer still remains a subject of debate. However, many experts believe that smoking largely contributes to prostate cancer knowing that each cigarette contains multiple carcinogens.

Research also shows that male individuals who regularly smoke were found to have high levels of testosterone and androsterone hormones and this occurrence can contribute to the progression of prostate cancer cells.

Soft drinks

Drinking an 11oz soft drink a day may increase a man's risk of having the most aggressive form of prostate cancer by up to 40%. This statement was based on a study conducted by Swedish experts at the Lund University. The results of this study were published in the American Journal of Clinical Nutrition.

Soft drinks also contain sugar which has been shown in studies to feed cancer cells.

Meat Fats

Men who include too many fats regularly in their diet, particularly those fats from red meats are more likely to develop prostate cancer.

Research reveals that prostate cancer is more prevalent in countries which have a high consumption of meat and dairy products.

This is due to the fact that fats are found to have the ability to stimulate the production of testosterone hormones which may speed up the growth of prostate cancer cells. Having high testosterone levels may also lead to increased activity of dormant prostate cancer cells. There are also studies which showed that high testosterone levels in the body jumpstarts the onset of prostate cancer.

Additionally, meat cooked at high temperatures has been shown to increase the content of cancer-causing substances.

Family History

Prostate cancer may also run in the family, so if someone in your family is diagnosed with prostate cancer there is an increased possibility that you may develop the condition.

Excess Folic Acid

A study spearheaded by Dr. Jane C. Figueiredo of the University of Southern California in Los Angeles revealed that men who take one milligram of folic acid more than twice a day over a period of ten years are more likely to suffer from prostate cancer. This is because folic acid plays a role in cell division and growth thus any excess of folic acid in the body may trigger the growth of a tumor. In this study the participants consumed the folic acid as a supplement. It is considered unlikely that a man would achieve these intake levels of folic acid unless he was taking dietary supplements.

Exposure to Harmful Substances

Individuals who are working as welders or in companies where battery or rubber is being manufactured and where exposure to cadmium occurs on a regular basis are also at a higher risk of developing prostate cancer.

Common Symptoms of Prostate Cancer

Are you a male experiencing urinary problems? Urinary problems among men should not be taken lightly as this is one of the common symptoms of prostate cancer.

Early diagnosis is critical, so here are some of the symptoms to look out for.

Urinary Problems

Since the prostate is situated close to the urethra and bladder, an individual who has prostate problems will most likely experience the following urinary problems.

- Burning sensation when urinating
- Reduced force when passing urine
- Increased frequency of urination, especially at night
- Sudden urge to urinate and difficulty controlling it
- Difficulting in starting the urinary system
- Inability to empty the bladder, dribbling urine and a feeling of bladder fullness
- Loss of bladder control
- Decreased velocity of urine stream
- Blood in the urine

Sexual Function Problems

- Pain and discomfort when ejaculating
- Erectile dysfunction
- Blood in the semen

Physical Symptoms

- Swelling in the pelvic area
- Numbing sensation in the hips, feet and legs.

If the cancer has caused a more advanced obstruction, the bladder can become infected and the person becomes at higher risk of suffering from recurring urinary tract infections.

Symptoms of Metastatic Prostate Cancer

If the cancerous prostate cells have spread to the nearby organs the person will find they begin experiencing fatigue and malaise. They will also start to lose weight. If metastasis has reached the bones then deep bone pain in the lower back and hips can also be felt. Subsequently, cancerous cells will weaken the bones leading to bone fractures.

When Prostate Cancer Does NOT Obstruct the Urethra

Prostate cancer is a very slow progressing disease, so the person may not feel or notice any symptoms at all especially if it is still in the early stages. This is because the tumor is not big enough to obstruct the urethra. Also, in a majority of prostate cancer cases it starts at the outer part of the prostate gland and away from the urethra.

When A Prostate Problem is Benign or Malignant

Whether the tumor that grows in the prostate is benign or malignant, it will cause similar symptoms. This is why it is very important that an individual consults a doctor and undergoes several tests to be able to have the most accurate diagnosis. The sooner the cancer is detected, the easier it will be for the doctor and the patient to choose the most appropriate type of treatment. The success rate of any treatment will also be higher if the cancer is detected early.

Once diagnosed with prostate cancer many men feel their mortality. However early detection and treatment is vital for overcoming the problem. If you notice symptoms do something about it.

Research shows that 90% of men diagnosed with prostate cancer are able to live for at least another five years and of that 63% live for more than ten years. If the prostate cancer is detected before it has spread to other organs the five year survival rate increases. However, if it has already spread to other organs the chances of living for at least five years may also drop.

So take notice of your body and watch for any signs or symptoms described above.

Enlarged Prostate or BPH Problems

If frequent trips to the bathroom are depriving you of sleep every night, it may be time to have yourself checked for an enlarged prostate or BPH (Benign Prostatic Hyperplasia).

Problems with urinating should not be ignored or taken lightly especially if you are in your senior years because they may serve as tell-tale signs of prostate problems such as BPH. While some symptoms of BPH are the same as or similar to prostate cancer, do not automatically presume you have cancer if you have urinary problems. Always seek a medical diagnosis.

For most men, the symptoms of having an enlarged prostate is much like having gray hair as they see it as just another by-product of getting older. However, frequent trips to the bathroom can be extremely unpleasant especially if you are with company and need to sit patiently or trying to get a good night's sleep. This frequent urination among older men is a symptom of BPH (Benign Prostate Hyperplasia) or simply referred to as an enlarged prostate.

Common Symptoms of Enlarged Prostate

As a male's prostate enlarges, narrowing of the urethra occurs and this will cause an obstruction to the flow of urine which may manifest in several symptoms.

- Poor streaming - This will manifest as a weak flow of urine while you also feel that it is taking longer than normal to empty your bladder.
- Slow flow start - This is when you want to 'go' but find yourself waiting for your urine to start to flow.
- Slow dribble -The flow is like a slow dribble as if you are finishing.
- Poor bladder emptying -This is the feeling of not being able to completely empty out your bladder despite having urinated several times.
- Frequent urination - Urinating often is the most irritating symptom of an enlarged prostate. Going to the toilet to urinate often at night is called nocturia.
- Urgent need to urinate - People who have an enlarged prostate find it hard to delay or postpone their need to urinate.

Having Mild to Severe Symptoms

The symptoms of enlarged prostate usually start as mild. In most cases, it begins with reduced urine flow or having to wait for a couple of seconds to be able to start to pass urine. As a person gets older the symptoms can become more severe and annoying. It is important to note that not all urinary symptoms are caused by enlarged prostate or BPH.

Incontinence, blood in the urine and pain during urination can also be caused by problems in the bladder or kidney. It is a must that you consult your physician if you are experiencing any of the above mentioned symptoms to obtain a correct diagnosis.

Treating BPH before it Gets Worse

Don't assume that you have to live with BPH for the rest of your life. Seeking medical advice on how to address your symptoms as soon as possible will greatly help you avoid more serious problems later.

If left untreated, BPH may lead to urinary tract infections and acute urinary retention. It may also lead to worse conditions such as bladder and kidney stones or even kidney damage.

The treatment option may vary depending on several factors such as the severity of your symptoms, the size of your prostate and how much of it obstructs your urethra. Your age, overall state of health and other medical conditions will be taken into consideration when choosing the type of treatment required for BPH.

Enlarged Prostate and Painful Complications

If you are diagnosed with benign prostate hyperplasia or BPH it means that you have an enlarged prostate and although you will be relieved to know it's not cancerous, you may still experience painful complications.

The associated symptoms and pain may inhibit your ability to perform your normal daily activities with ease and comfort. Here are some of the most common complications associated with BPH.

Urinary Hesitancy and Retention

If you have an enlarged prostate you will sooner or later experience urinary hesitancy. This is because an enlarged prostate will press against your urethra. As a result, you will find difficulty starting your urine flow. This is due to the restricted pathway and it will take longer than usual to build enough pressure in order for your urine to flow.

As time progresses, this urinary hesitancy can eventually develop into urinary retention. This retention can become extremely painful, as not being able to urinate at will, the bladder begins to swell. This swelling not only causes uncomfortable symptoms, but also increases the risk of an infection.

In addition, this occurrence increases your likelihood of damaging the kidneys. When there is frequent pressure being put on the bladder due to urinary retention, the kidneys can also be affected as any infection inside the bladder may lead to the kidneys.

Individuals who develop urinary retention may need to have a catheter inserted in order to drain the urine. In severe cases, people who have enlarged prostate may need to undergo surgery to solve urinary retention problems.

Urinary Tract Infection

As you develop more difficulty passing your urine you also increase your risk of developing a urinary tract infection. These are also very painful.

The enlarged prostate causes an obstruction in your urethra making you prone to retaining urine. If there is urine left in the bladder, it creates an ideal environment for bacteria to thrive and a urinary tract infection may develop. Urinating when you have a UTI - urinary tract infection – is extremely painful.

Unfortunately, once you have a UTI any other symptoms of an enlarged prostate, such as urinary urgency, will be aggravated. In turn, your sudden and increased needs to run to the toilet will also be coupled with painful urination.

In most cases, a urinary tract infection will be treated using antibiotics. However if UTI re-occurs frequently, an individual may be advised to undergo surgery so that part of the prostate will be removed.

Bladder Stones

Another painful complication of an enlarged prostate is bladder stones. If a bladder is not completely emptied it can stretch and weaken. This will then adversely impact the ability of the muscular walls in your bladder to contract properly, making it even harder for you to empty out your bladder.

As your ability to totally empty out your bladder reduces over a period of time, bladder stones may begin to develop and this can cause added bladder irritation. Bladder stones can be very painful and cause additional urinary symptoms, as they can further block the flow of urine through the bladder and urethra.

Bladder stones, if small enough, can be passed through the urethra. For this to occur adequate and plentiful hydration is required. Unfortunately most men in this situation are intentionally reducing their fluid intake to prevent the pain, discomfort, inconvenience and even embarrassment of frequent urination. Often other treatments or procedures to remove the bladder stones may be required.

Other Complications that May Develop from BPH

As your urethra narrows due to an enlarged prostate, you may have to strain your pelvic and abdominal muscles to start passing urine. This repeated straining can eventually lead to injury in the muscles of your pelvic floor. It may also cause you to develop or exacerbate hemorrhoids.

Some men strain so hard to make the urine flow past the blockage that it has caused fainting during or after urination. This is a condition referred to as 'micturition syncope'.

Some urinary symptoms, especially infection, can also be accompanied by fever.

If you have an enlarged prostate and pain, talk to your doctor about it as soon as possible. Options exist for normalizing urination and reducing pain and at the same time assist in preventing further serious complications.

Natural Treatments for Prostate Cancer

Prostate cancer is a slow-progressing yet potentially deadly disease, however several studies have shown promise in treating prostate cancer through natural means.

Here are a few natural treatments that have shown to be effective in treating prostate cancer.

Ginger Extract

One study suggested that with a daily intake of 100 mg of ginger extract per kilogram of body weight, 50% of prostate tumor growth was reduced. Researchers also said that eating 100 grams of fresh ginger on a daily basis can provide the same results.

This is just one of the many studies conducted on ginger to prove its ability to knock out prostate cancer cells. In fact, ginger was referred to by many of the experts as the “cancer champion” and a promising preventive agent because of its antioxidant, anti-inflammatory and anti-proliferative effects on tumor growth.

Ginger extract helps impair cancer reproduction while modulating apoptosis on cancer cells. In other words, ginger extract has the ability to inhibit growth of tumor cells while also inducing death on cancer cells. Another useful finding from the study is that ginger did not show any toxic effects on normal tissues such as those that are found in bone marrow and the gut.

Oral intake of ginger has also been found beneficial in relieving chemotherapy patients from nausea and motion sickness.

Garlic

Studies have shown that garlic can be helpful for those who are suffering from prostate cancer. This is because garlic contains a powerful component called diallyl disulfide which has the ability to inhibit oxidative stress and accelerate the metabolism of testosterone hormones. These effects were found to be beneficial on individuals who are suffering from prostate cancer. Another study also revealed that allium in garlic was also able to inhibit the proliferation of prostate cancer cells.

Saw Palmetto

A study revealed that taking 160 mg of saw palmetto twice a day over a period of two years was found to be helpful in improving the quality of life of men who have prostate problems. By taking saw palmetto, men experienced an improvement in their urinary flow as their prostate size and symptoms were reduced.

The same study participants also reported having an improvement in their sexual functioning in the second year of treatment. These findings were revealed after conducting an evaluation of their symptoms using an International Prostate Symptom Score.

Curcumin

The active compounds of curcumin was found to be helpful in causing tumor cells to synthesize smaller amounts of cytokines that could promote metastasis such as those found in people who have lung, breast and prostate cancer.

A study published in the Journal of Cancer Science and Therapy revealed that the curcumin compound found in turmeric can significantly provide long lasting urinary ease while also reducing urinary frequency among patients diagnosed with prostate cancer.

An in-vitro study also showed that curcumin concentrations can increase the number of cell deaths on prostate cancer cells.

Quercetin

A study published in Environmental Toxicology suggested that quercetin plays a significant role in causing apoptosis or death of prostate cancer cells. The team of researchers from China Medical University treated prostate cancer cells using quercetin over 24 and 48 hour periods. The results showed that after a period of 48 hours the cells that were treated with quercetin experienced apoptosis.

A team of researchers from the State University of New York discovered the ability of quercetin to induce apoptosis on prostate cancer cells while also reducing further proliferation of the cancerous cells.

Another study published in the journal titled Clinical and Diagnostic Laboratory Immunology supported these findings by showing that higher concentrations of quercetin can help inhibit the growth of aggressive prostate cancer cell colonies.

So don't give up hope on being able to treat prostate cancer naturally. There are studies being done with excellent findings already.

Healthy Eating For Prostate Health

Prostate illnesses such as prostatitis, prostate cancer and benign prostatic hypertrophy can both be treated or prevented if a person eats the right type of foods that help promote prostate health. A diet rich in anti-oxidants and limited in simple sugars and dairy products provides the body with an excellent platform from which to protect itself against cancer.

Some specific foods shown to be effective against prostate cancer include:

Brazil Nuts

Brazil nuts contain as much as ten times of the RDA (Recommended Dietary Allowance) for selenium. Studies show that an increased selenium intake can lead to a reduced risk for prostate cancer.

Fortunately, these nuts not only contain selenium but they are also good sources of zinc that is crucial for maintaining prostate health. Brazil nuts also contain essential amino acids that make up a complete protein.

Be aware that Brazil nuts are high in saturated fats. Eating a few ounces of Brazil nuts is enough for one week's consumption. So too much of a good thing isn't necessarily good, as in the case of these nuts.

Broccoli

Broccoli contains sulforaphane which functions as our immune system defenders. Eating broccoli has been linked to a reduced risk of cancer because of its sulforaphane content. It helps activate antioxidant genes that protect the body from many health risks associated with free radicals.

Keep cooking to a minimum and if possible use broccoli raw in your meals. This is because research has shown that cooking broccoli will reduce the bioavailability of sulforaphane. It was found that the sulforaphane in cooked broccoli has only 3.4% bioavailability, compared to 37% of raw broccoli.

Broccoli also contains indoles which are known to be helpful in suppressing the growth of cancer cells.

Mushrooms

Shiitake mushrooms contain lentinan which is a type of beta-glucan that is known to help fight against cancer cells. Differing species of mushrooms contain ergothioneine. Ergothioneine has the ability to protect the body from damage caused by toxins and other harmful substances from the environment. It is an anti-oxidant which destroys free radicals and therefore helps prevent the growth of cancer cells.

Pomegranates

Pomegranates have been receiving a lot of attention from many researchers. They have discovered that pomegranates contain high levels of a phytonutrient called ellagitannin. This phytonutrient in pomegranate extracts help inhibit the production of prostate cancer cells. Ellagitannins were also found to interfere with the body's ability to produce new blood vessels. This may sound negative, but new blood vessels are important in the nourishment of prostate tumors.

Pumpkin Seeds

Some experts claim that pumpkin seeds contain protective compounds that may prove helpful in reducing the size of the prostate.

The oil coming from pumpkin seeds helps prevent prostate cells from multiplying. Pumpkin seed also contain zinc which is a mineral essential for prostate health.

Garlic

Population studies and clinical trials both offer convincing evidence that garlic is effective against a range of cancers, including prostate cancer. It has shown to be of benefit in the general prevention of cancer, as well as specifically inhibiting new tumor growth in patients already diagnosed with cancer.

As well as being able to be taken in its natural form, garlic is available as a supplement - as an oil, essential oil, powder, or extract. Cooking diminishes the viability of the natural product and is best eaten raw for maximum effect.

So you can add the above foods to your diet and start eating healthy for prostate health.

Prostate Cancer and Diet

A healthy diet can help keep cancer within controllable levels. This statement may appear bold, but there are many who believe cancer can be cured through correct nutrition.

One particular study which proved the power of the Macrobiotic diet for keeping prostate cancer under control, is the one on Thomas Mueller. Here is how he used the Macrobiotic diet to keep his prostate cancer under control.

The Macrobiotic Diet

Thomas Mueller, at age 45, was diagnosed with prostate cancer. Thoughts about undergoing surgery, radiation therapy and becoming impotent in the treatment processes worried him of course.

He therefore became determined to try healthier and less invasive alternative treatments for treating his prostate cancer. He decided to start a diet program known as the Macrobiotic diet in conjunction with an exercise regimen.

After three months of being on the macrobiotic diet coupled with intense exercise, his weight reduced to 122 lbs. from 157 lbs. His PSA (prostate specific antigen) plummeted to 1.5 ng/ml from 4.0 ng/ml and this was a clear indication that his prostate cancer was being kept under control.

PSA is a primary diagnostic indicator being used by doctors to detect potential problems in a person's prostate gland. Elevated levels of PSA in the blood can mean having an abnormal condition of the prostate gland. Measuring the levels of PSA is used to track both the progress of prostate cancer as well as the response to treatment.

The macrobiotic diet is based on ancient agrarian cultures and has been shown to counteract or prevent the emergence of disease. Thomas Mueller used the 'healing version' of the macrobiotic diet which was designed specifically for people diagnosed with cancer. This diet mainly consists of vegetables, whole grains, brown rice, lentils, miso soup, kelp, nori and other sea vegetables.

It strictly forbids the consumption of sugar, dairy, oils and fats. The macrobiotic diet also prohibits the inclusion of pastas and breads while adherence to what is locally grown and in season is highly recommended.

Thomas Mueller's levels decreased because he took action through healthy diet and lifestyle choices.

The Ornish Diet

This is another diet that can be used for prostate health. The effectiveness of a healthy diet in controlling prostate cancer has been proven by a growing number of medical studies and Dr. Dean Ornish is an advocate of diet therapy for treating people who have prostate cancer.

His study showed that adherence to a vegetarian and non-dairy diet along with moderate aerobic exercise and several stress management techniques can help keep prostate cancer under control.

Dr. Ornish studied 93 men diagnosed with prostate cancer who also chose not to undergo any form of invasive treatment for their disease. Half of the study participants followed the Ornish diet and exercise program while the other half were left untreated.

The Ornish diet program emphasizes fiber and plenty of complex carbohydrates while all foods that contain refined carbs are banned.

After a year, those men who followed the Ornish program were found to have reduced their levels of PSA up to 4%. On the other hand, those men who belonged to the non-treated group had an increase of PSA levels up to 6%.

The Macrobiotic diet and the Ornish diet programs have two things in common. They both prohibit the consumption of refined sugar and dairy products while vegetables and whole foods are strongly encouraged.

They both discourage the inclusion of sugar and dairy products because these foods are known to be significant contributors to the development of prostate cancer and all cancers in general.

Soft Drinks, Refined Carbs and Prostate Cancer

Many experts previously thought that genetics was the most important factor for determining one's risk of developing prostate cancer. However, recent studies are showing that diet plays a stronger role in the emergence of prostate cancer than genetic makeup.

Soft drinks and refined carbs are two culprits of major concern. Refined carbohydrates and fizzy drinks may lead to prostate cancer and other fatal diseases.

Habitual Consumption of Fizzy Drinks

Men who drink at least 300ml of soda or sugary drinks every day are 40% more likely to be diagnosed with prostate cancer compared to men who do not drink any soft drinks at all.

This conclusion was based on a 15 year study published in the American Journal of Clinical Nutrition. This study is just one of the many studies which suggest that the sugar content found in processed foods and beverages triggers the release of the hormone insulin and feeds tumors.

Millions of British men are known to drink soft drinks on a daily basis and it is no longer surprising to find that prostate cancer is the most common cancer plaguing men in the United Kingdom. In fact, prostate cancer accounts for more than a quarter of newly diagnosed cancer cases in England.

Soft Drinks Contain Toxic Substances

While more studies are needed to be able to establish the clear link between sugar consumption and prostate cancer, there are many other reasons to stop drinking soft drinks.

Fizzy drinks and other carbonated beverages contain 4-methylimidazole, aspartame and ammonia-sulfite and all these substances are potent carcinogens.

Isphenol A or BPA, which is a hormone disruptor found in the linings of the soda cans, has been linked to many cases of abnormal growth of fetuses and infants.

Scientists also tracked the dietary habits of more than 8,000 men aged from 45 to 73. After 15 years, their findings showed that those who consumed sugary drinks in the group were more likely to be diagnosed with prostate cancer. They also revealed that those who consumed large quantities of pasta and rice developed a milder type of prostate cancer.

On the other hand, those who frequently consumed biscuits, cakes and other sugary breakfast cereals developed a non-fatal form of prostate cancer but at a rate that was 38% higher than those who consumed less refined carbohydrates.

Many health experts have been telling us that consumption of processed and refined carbohydrates can bring about a plethora of disastrous health issues.

Excessive sugar consumption brings a host of problems including, hypertension, heart disease, type two diabetes, obesity and other forms of cancer.

Unfortunately our so-called 'Western Diet' is overloaded with refined carbohydrates, simple sugars and dairy products. All of these are being more and more implicated in our many and various 'lifestyle' diseases. There is an increasing train of thought that many cancers are in fact, lifestyle diseases and that diet is a primary cause.

In conclusion, it makes sense to eliminate sugary treats from your diet and reduce your intake of refined carbs. Not only will you reduce your risk of prostate cancer but also help to prevent other life-threatening diseases.

Dairy Products and Prostate Cancer

Many people have been raised with the belief that eating dairy products is good for you and that they form part of a well-balanced diet. We are told they provide us with much needed calcium and helps with healthy teeth, strengthening the bones, preventing osteoporosis and countless other health benefits.

However, what we are not told is that these same dairy products are seen by some experts as being one of the culprits for the proliferation of prostate cancer diagnoses.

The Link between Dairy Products and Prostate Cancer

In 1997, The American Institute for Cancer Research and the World Cancer Research Fund concluded that the consumption of dairy products, such as milk, cottage cheese, gelato and ice cream, can contribute to the most common cancer that affect men – prostate cancer.

In fact, this conclusion isn't new, as early as the 1970s there were already major studies conducted which suggested a link between increased consumption of dairy products and prostate cancer.

The results of these previous studies were also consistent with Harvard's Physicians' Health Study which concluded that consuming two and a half servings of dairy products in a day can significantly increase a man's risk for prostate cancer up to 34%. The researchers followed more than 20,000 men for a period of 11 years and found that milk and other dairy products can have adverse effects on a man's hormones, thereby increasing their risk for prostate cancer.

Consumption of Dairy Products Leads to Higher Calcium Levels

All these studies which suggest that there is a link between prostate cancer and dairy product consumption are also consistent with nine other separate studies. The largest study ever conducted on prostate cancer was done by The Health Professionals Follow-Up Study which also showed that drinking more than two glasses of milk every day can double a man's risk for developing metastatic and advanced types of prostate cancer.

Surprisingly, the relationship between dairy products and prostate cancer has little to do with its high-fat content. In the beginning, researchers thought that the main culprit is the saturated fat content of dairy products. However, a more careful and thorough analyses of data gathered revealed that calcium is to blame.

Men who were taking more than 2,000 mg of calcium every day were three times more likely to suffer from metastatic cancer compared to men who were only taking 500 mg of calcium on a daily basis.

Furthermore, consuming milk and other dairy products, which adds to an increase of calcium, can eventually deplete the body's much needed vitamin D and this occurrence also increases the risk for prostate cancer.

Other Reasons Why Dairy Products Contribute to Prostate Cancer

Dairy products were also found to cause an increase in the amount of the insulin-like growth factor (IGF-I) in a person's blood which promotes the growth of cancer cells.

Normally, this insulin-like growth factor can be found in the bloodstream but increased levels are known to contribute to prostate cancer in men and breast cancer in women. Dairy products were also found to have negative effects on a person's sex hormones which also serve as a key driver of prostate cancer.

It was also reported that countries that were found to have a high consumption of dairy products had a higher number of prostate cancer cases when compared to those countries which have a minimal consumption of dairy.

So if your diet is laden with dairy products and you love that evening bowl of ice-cream, perhaps you should think again. Ice cream has the double whammy of having milk and sugar as its main ingredients.

Thank You

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