
Nutrition and Prostate Health

Can nutrition improve my chance of fighting prostate cancer?

The primary risk factors for prostate cancer are age and family history (genetics). Ongoing research also suggests that certain nutrition variables play a substantial role in both the initiation and progression of prostate cancer.

What is the difference between a Nutritionist and a Registered Dietitian (RD)?

Seeking out a qualified RD is important when obtaining advice on nutrition. However, when looking for specific guidance in the area of prostate cancer it is important to seek out the most qualified professionals. Our nutritionist is a Registered Dietitian (RD) as well as a Board Certified Oncology Nutritionist (CSO) specializing in the area of prostate cancer.

What can I expect at an oncology nutrition visit?

An initial visit will involve a full nutrition assessment and recommendations for nutrition and lifestyle changes that may reduce your risk of prostate cancer recurrence. Additionally, we have created a book to help you understand how your nutrition may impact your cancer. This important book is a review of the most relevant research in the area of prostate nutrition. Our oncology nutritionist will assist you and your family on how best to incorporate these significant findings into your diet to help your body fight this disease.

How is the diet for prostate health different than other diets?

The diet for prostate health differs from other diets in that it targets evidence-based nutrition variables that have been found to be important in both the initiation and progression of prostate cancer. These nutrition variables have been identified through well conducted research studies in the area of nutrition science and prostate cancer.

What are some of the nutrients that appear to be most important in prostate cancer?

According to the American Institute of Cancer Research (AICR), lycopene, selenium and calcium intake are probable modifying factors in prostate cancer. Legumes, vitamin E and processed meats are also thought to play a role. Dietary fat consumption and body weight are also receiving scientific attention.

Does weight play a role in prostate cancer?

Weight has long been thought to play a role in cancer. While numerous studies have linked obesity with overall risk for cancer, the research between weight and prostate cancer is inconclusive. Interestingly, while body weight does not appear to be a good predictor of prostate cancer, it does appear to be linked with the aggressiveness of this cancer. For this reason we incorporate weight management into our nutrition guidelines for our patients.

What about nutrition supplements?

Most of the research in cancer has been on natural foods. We find that foods in their natural state and foods eaten in a variety of combinations offer the most protection from cancer. And while a diet supplement may help you make up for a nutrient intake shortfall, there is not good evidence suggesting that they can reproduce the full benefits of a diet rich in nutrients. Our oncology nutritionist will analyze your diet and make food based recommendations for enhancing your nutrient intake to meet all of your nutritional needs. Nutrition supplements, if needed to compensate for nutrient intake deficit, are discussed at during your visit.

Will following a diet for prostate cancer help me in other areas of my health?

Many of the basic diet recommendations we make for prostate cancer patients can reduce the risk for other serious diseases such as cardiovascular disease, diabetes and obesity. These diet and lifestyle changes generally result in patients feeling renewed energy, vitality, increased mental alertness and overall improvement in quality of life.

How can I get in touch with a board certified oncology nutritionist?

To arrange a consultation, call (847) 570-4089.
