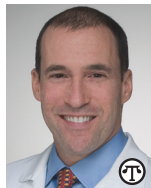


Be Proactive: Help Prevent Prostate Cancer

by Aaron E. Katz, M.D.

(NAPSA)—Prostate health issues are becoming increasingly common in men, particularly those who are 50 years old and older. In fact, one in six men will be diagnosed with prostate cancer. The disease is the third most common cause of death from cancer in men of all ages.



Dr. Katz

Thanks to a simple physical exam and the prostate-specific antigen (PSA) test, most prostate cancers can be detected before there are symptoms. If you do get prostate disease, you can harness the power of potent natural medicines to strengthen your body's own ability to heal.

But why wait for a negative diagnosis? Here are steps that men can take to improve their prostate health, today.

Improving Your Diet

Reduce fat: Studies suggest a correlation between dietary fat and prostate cancer. Eat less than 30 percent fat overall and favor unsaturated fats such as olive and canola oils over saturated and trans fats.

Eat organic: Eat a largely organic and vegetarian diet.

Increase fiber: Eat a big green salad every day, breakfast on a bowl of steel-cut or slow-cooked oats and switch to whole grains.

More antioxidants: Include lots of antioxidant-rich foods such as leafy greens, other vegetables and dark fruits.

Using Natural Supplements

Vitamin D: One study found that men with high vitamin D levels have a 45 percent lower risk of aggressive prostate cancer;

another study reported that men who have prostate cancer dramatically increase their chances of survival if they have adequate levels of vitamin D.

AHCC—Active Hexose Correlated Compound: Studies suggest it helps the body's own cells identify and kill cancer cells and increases the number of disease-fighting white blood cells. Derived from the root of hybridized medicinal mushrooms, it's used in hundreds of cancer clinics including Columbia University.

Lycopene: Lycopene is a nutrient that gives red color to fruits and vegetables. Taking lycopene supplements has been found to slow the growth of tumors in men with prostate cancer. An association has been found between high lycopene consumption and low risk of prostate cancer.

GCP—Genistein Combined Polysaccharide: Research suggests this fights prostate cancer by reducing blood flow to the tumor, enhancing programmed cell death of cancer cells and increasing the body's tolerance to chemotherapy and radiation.

Watching For Symptoms

See a urologist if you have trouble urinating, decreased force in the urine stream, blood in semen or urine, swollen legs, discomfort in the pelvic area or bone pain.

Learning More

More information is available at the NIH National Cancer Institute at www.cancer.gov/cancer-topics/types/prostate.

• *Dr. Katz is Vice-Chairman of Urology, Director of the Center For Holistic Urology at Columbia University Medical Center and author of "The Definitive Guide to Prostate Cancer" (Rodale Press).*