



# HEALTH AWARENESS

## Easy Ways To Improve His Health

By Steven Lamm, M.D.

(NAPSA)—According to the American Cancer Society, one in every six men will be diagnosed with prostate cancer during his lifetime, but there's a lot men can do to reduce their risk. Provided below is a crash course on what every man should know about prostate cancer and simple ways to reduce risk for the disease.

### What is prostate cancer?

Prostate cancer occurs when cells of the prostate mutate and begin to multiply out of control. It is the most common type of cancer and second-leading cause of cancer-related deaths in American men. The American Cancer Society estimates that during 2007 there will be 218,890 new cases of prostate cancer diagnosed and 27,050 patients will die from the disease. Since it has a high rate of occurrence and can often go undetected, prostate cancer is ideal for pharmacologic and nutritional preventative measures.

### Are you at risk for prostate cancer?

A few unavoidable factors can increase your risk for prostate cancer, including your family history and race—but the primary risk factor is age. Most men are not diagnosed until after the age of 50 and 65 percent are over age 65. While any man can develop the disease,

there are a few things you can control now—your diet and lifestyle—to prevent prostate cancer down the road.

### What can you do to help reduce your risk for developing prostate cancer?

While regular health checkups are important for early detection, simple steps may help you avoid prostate cancer altogether. Like many diseases, prevention starts with proper nutrition. Change your diet by eating less red meat and fats, and more leafy green vegetables, tomatoes and fish. In addition, supplement daily with selenium, a mineral with powerful antioxidant properties, which studies have shown protects against prostate cancer.

The quality and form of the selenium supplement will impact the level of its beneficial effect. I recommend that my patients supplement with high-selenium yeast, such as Selenomax<sup>®</sup>. This form of selenium, which has been used in government-funded clinical studies, is virtually 100 percent absorbed and well retained by the body. You can find Selenomax<sup>®</sup> at national retailers such as CVS or visit [www.selenomax.com](http://www.selenomax.com) for more information.

Making these simple changes could dramatically reduce your risk of prostate cancer. The sooner you start, the better your chances.

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