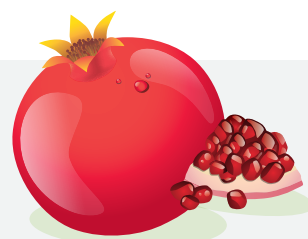
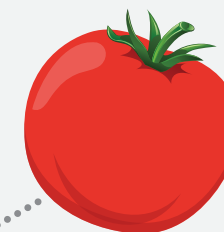


**broccoli**  
contains complex compounds including  
**PHYTOCHEMICALS & SULFORAPHANE**  
which selectively target & kill cancer cells while leaving normal prostate cells healthy & unaffected.



## pomegranate juice

contains a powerful **ANTIOXIDANT**  
the antioxidant found in pomegranate works in a “seek & destroy” method, exclusively targeting the prostate cancer cells and not the healthy cells. Studies have found that pomegranate juice and extract, hinder the production of different prostate cancer cells.



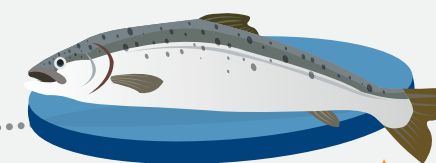
## tomatoes

contains the powerful antioxidant  
**LYCOPENE**  
may help prevent prostate cancer as well as reduce tumor growth. Your body extracts lycopene more easily from cooked tomato products.



Get sunshine daily.  
Darker-skinned people need more sunshine.

# BOOST your PROSTATE HEALTH



salmon • herring • trout  
mackerel • sardines

## fish

contains polyunsaturated fats  
**OMEGA-3s & OMEGA-6s**  
creating a balance of these fats may help prevent the development & progression of prostate cancer.



## green tea

components currently under study  
**CATECHIN, XANTHINE DERIVATIVES, EGCG, & EPICATECHIN**  
researchers found a decreased risk of prostate cancer among men who consumed more than 5 cups per day.



peanuts • beans • lentils

## legumes & soybeans

contains biologically active plant compounds currently under study  
**PHYTOESTROGENS & ISOFLAVONES**  
may contain cancer-fighting properties. This could suppress tumor growth in prostate cancer cells. Researchers show a link between the consumption of soy and reduced levels of prostate-specific antigen (PSA).

Heart healthy is prostate healthy.  
Participate in regular exercise.



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# the benefits of therapy

## EXTEND FAR BEYOND PERIODS OF CRISIS

Normalizing some emotions allow patients and caregivers to organize their coping resources and attend to self care more efficiently. Many from both groups also report the opportunity to clarify thoughts & feelings enhanced their coping abilities.



### explore PEOPLE

Build relationships, laugh, and connect. Research shows staying connected and laughing can combat sadness.

Some cancer patients report



feelings of  
loneliness & isolation.



### redefine COMMUNITY

Being surrounded by friends who love you can increase your happiness & outlook. Join a club or support group.



## support groups & talk therapy CAN HELP BOTH PATIENTS & CAREGIVERS

Talk therapy helps patients & caregivers to develop the tools and strategies for coping. Group therapy participants note that after only a few sessions, they felt better. Other benefits known are: gaining empowerment, gaining a sense of control and reducing distress, depression, anxiety and fatigue.

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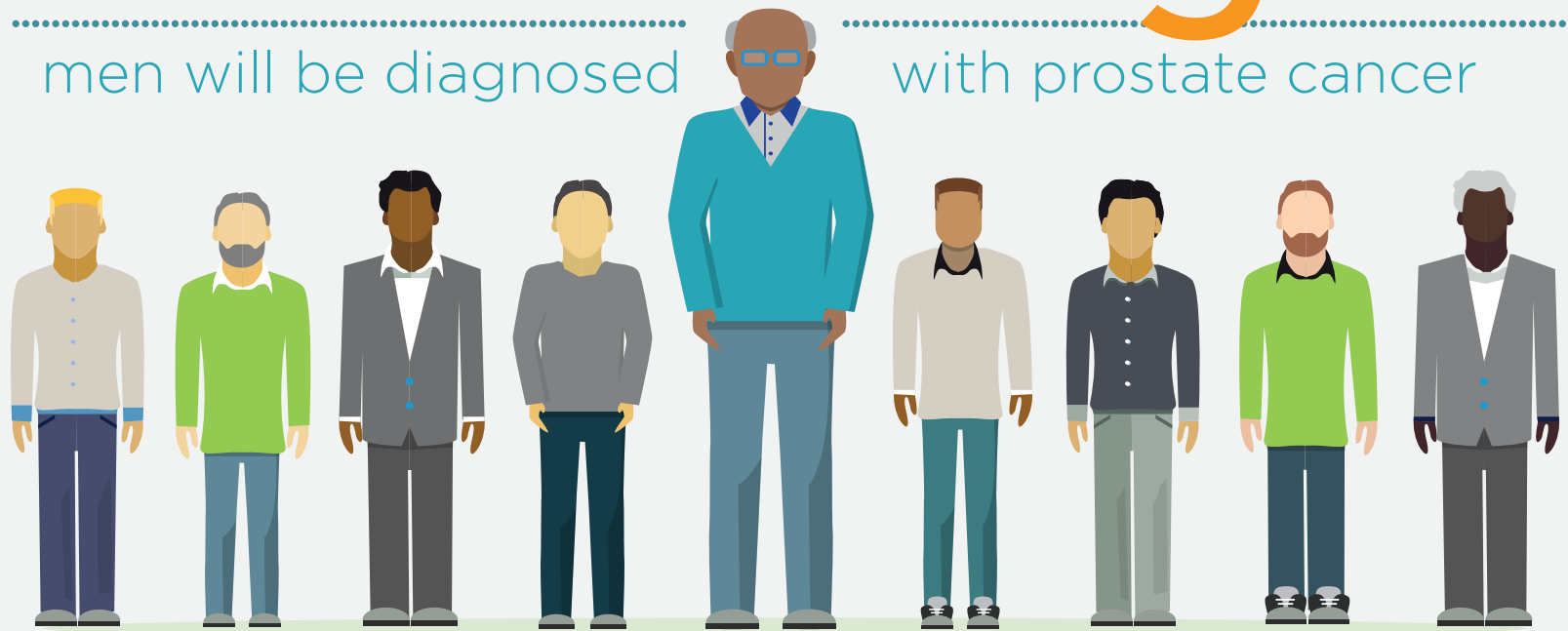
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# one in eight

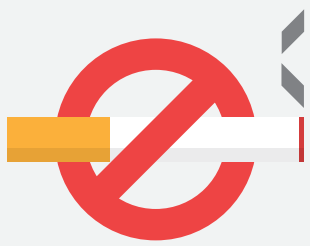
men will be diagnosed

with prostate cancer



## FIT PEOPLE HAVE ADOPTED HEALTHY habits and practice them with discipline

In general, doctors recommend that men with an average risk of prostate cancer make choices that benefit their overall health. Below are some things that have shown some evidence of lowering your prostate cancer risk.



AVOID  
SMOKING



MAKE SMARTER  
FOOD CHOICES



REDUCE  
FAT

SEEK MEDICAL TREATMENT FOR STRESS,  
HIGH BLOOD PRESSURE, HIGH CHOLESTEROL, AND DEPRESSION.



EXERCISE



RELAX AND  
ENJOY LIFE



MODERATE – IF ANY  
ALCOHOL

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# A HEART HEALTHY DIET IS also a prostate healthy diet

In general, doctors recommend that men make choices that benefit their overall health. Below are some things that have shown some evidence of lowering your prostate cancer risk.



EAT FOODS HIGH IN NUTRIENTS,  
VITAMINS, MINERALS & FIBER  
LOW CALORIE FOODS



CANOLA, OLIVE  
SAFFLOWER, SOYBEAN  
USE HEALTHY OILS

**AVOID FRIED FOODS. EAT BROILED OR BAKED FISH.**  
OPT FOR STEAMED, GRILLED, OR BROILED DISHES AT RESTAURANTS.



REDUCED FATS IN  
RED MEAT & DAIRY



IF YOU INCREASE FIBER,  
INCREASE WATER

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prostate cancer is most common in \_\_\_\_\_  
**NORTH AMERICA**  
**northwestern europe**  
australia, & on the caribbean islands

a man dies  
**EVERY**  
**15 mins**  
of prostate cancer



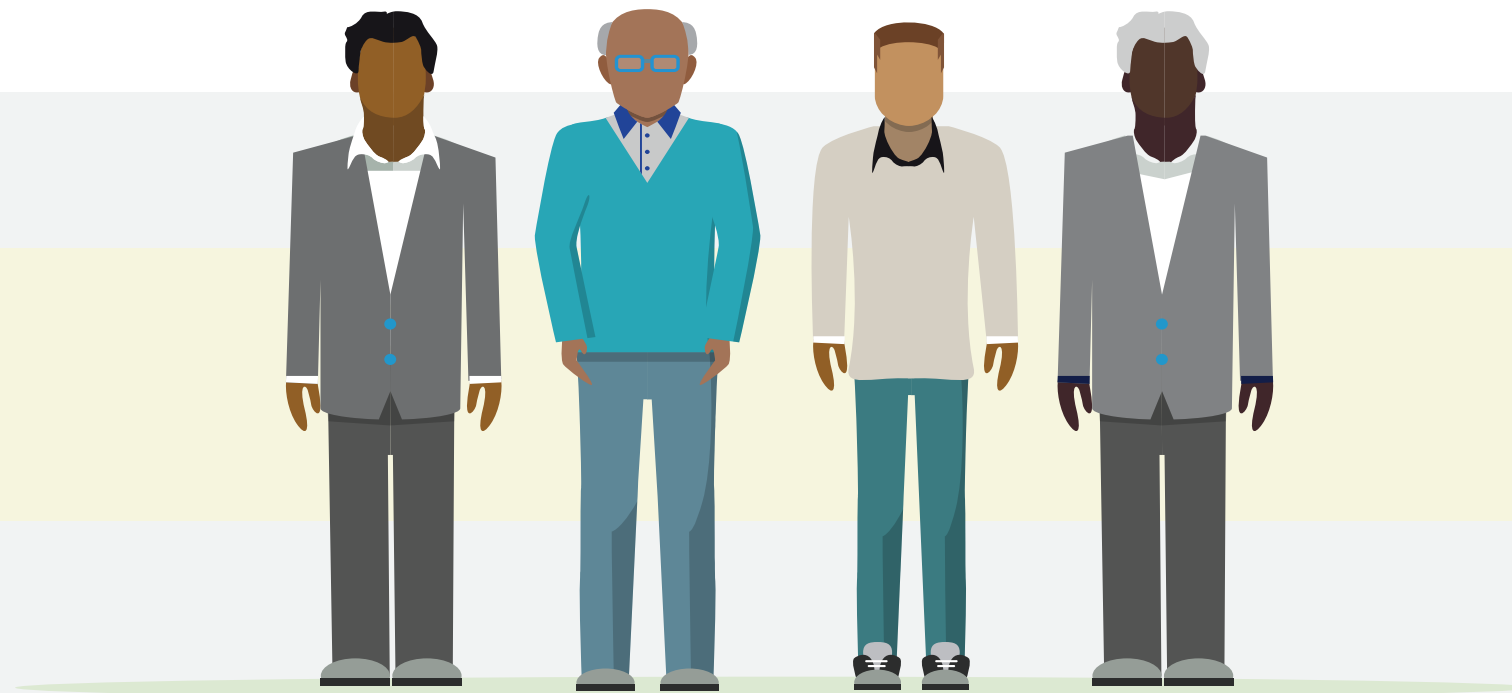
a man is diagnosed  
**EVERY**  
**2.0 mins**  
with prostate cancer

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# AFRICAN AMERICAN MEN ARE TWICE as likely to die from prostate cancer

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With early diagnosis and treatment, survival rates are over 90%

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Having a father/brother diagnosed  
more than doubles a man's risk

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