

BOOST your PROSTATE HEALTH

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.

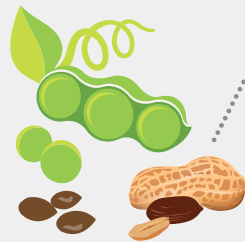


green tea

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).



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.

Heart healthy is prostate healthy.
Participate in regular exercise.



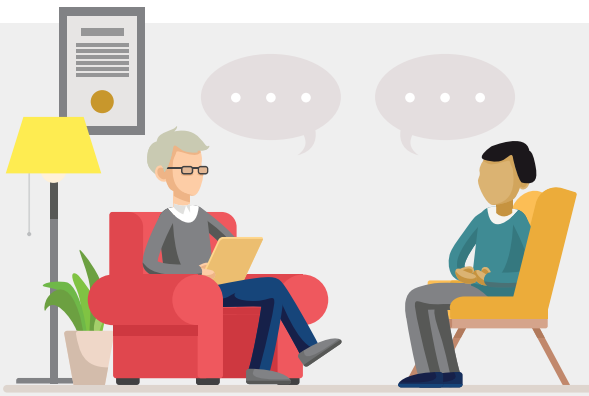
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the benefits of therapy

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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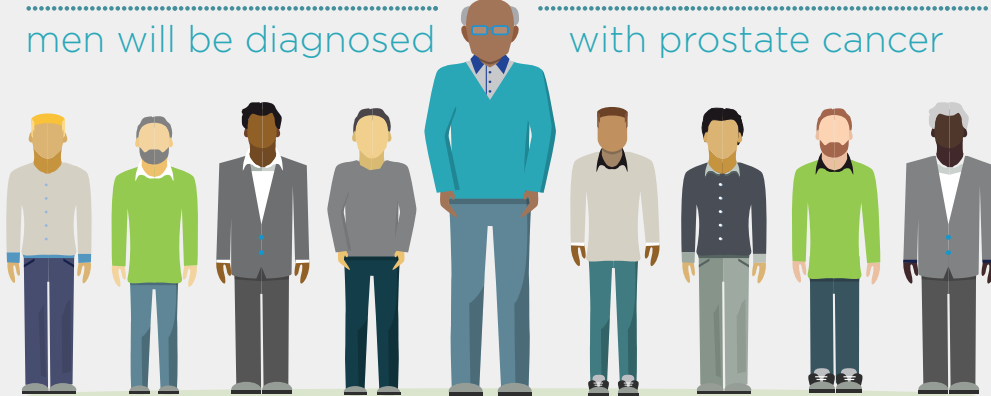
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one in nine

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

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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
19 mins
of prostate cancer



a man is diagnosed
EVERY
2.4 mins
with prostate cancer

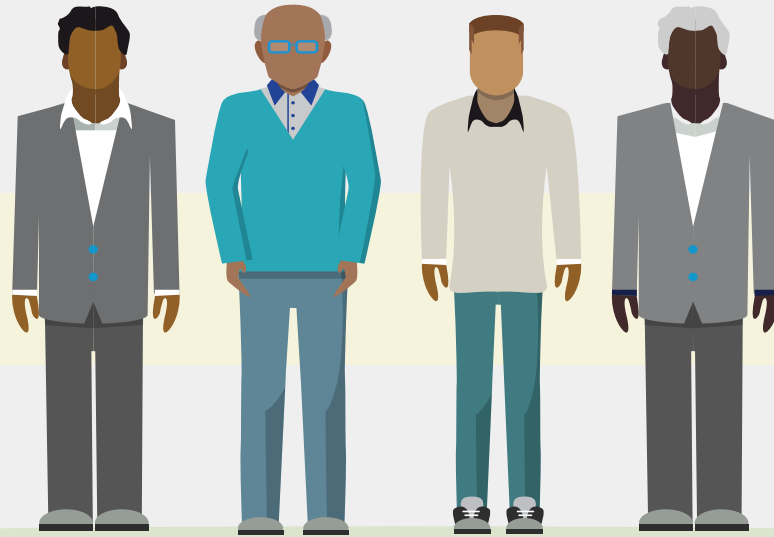
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AFRICAN AMERICAN MEN ARE TWICE as likely to die from prostate cancer

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

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

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