

## ABOUT FCRE

The Foundation for Cancer Research & Education's educational goals are to acquaint the general public, cancer patients, and health care professionals with recent advances in treatment, diagnostic tools, and cancer prevention through diet and lifestyle. Our research efforts focus on improving survival and quality of life.

FCRE advocates comprehensive cancer care, which means understanding all of the available cancer treatment options and combining them if necessary. A comprehensive program also includes evaluation and treatment of cardiovascular disease, obesity, diabetes, or any other disease that affects overall health.

FCRE partners with other foundations, institutes, institutions, hospitals, and support groups to host conferences, seminars, special events, and produce publications to reach as many men and women as possible.

[www.cancer-foundation.org](http://www.cancer-foundation.org)

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P.O. Box 746, Earthlyville, VA 22936



**prevent  
prostate  
cancer**

## Prevent Prostate Cancer

African American men have the highest incidence of and mortality rates from prostate cancer.

But simple dietary habits can greatly reduce prostate cancer risk, metastasis, and death. And it's as simple as eating well and taking a couple of vitamins, especially vitamin D.

### Take Vitamin D!

In fact, research shows that vitamin D deficiency is very common in the African American community and can lead to an increased risk of heart attack and congestive heart failure in addition to prostate cancer.

### Make A Difference

Please give this brochure to one man under the age of thirty-five. Call 800-305-2432 to get our *African American Outreach Plan*.



Every African American man should start getting his PSA\* checked by age 35.

\* A PSA test costs anywhere from \$50 to \$150: a dinner for two at a nice restaurant.

## SUPPLEMENTS

### Take 200 mcg of selenium a day.

Selenium deficiency is linked to prostate cancer.

### Take 200 IU of vitamin E a day.

Vitamin E lessens oxidative damage; oxidative damage and prostate cancer are tightly linked.

### Take 30 mg of lycopene a day.

Lycopene, the red pigment in tomatoes, prevents prostate cancer and halts cancer progression.

### Take at least 1000 IU of vitamin D a day.

Nearly all men with prostate cancer have below optimal vitamin D levels.

## LIFESTYLE

### Exercise for 30-40 minutes at least 3 times a week.

Exercise helps you lose weight; obesity is a precursor to prostate cancer, diabetes, and cardiovascular disease.

### Make time every day to relax.

Stress relief and a positive outlook are linked to longevity.

## DIET

### Avoid red meat, dairy fat, and egg yolks.

These foods are linked to prostate cancer.

### Eat fish 3 to 4 times a week.

Fish and fish oil reduce the occurrence and progression of prostate cancer as well as promote heart health.

### Use olive oil instead of vegetable oil

Olive oil has a favorable impact on the prostate gland.

### Avoid canola and flaxseed oil at all costs!

Canola and flaxseed oil almost double your risk of developing prostate cancer.

### Eat a variety of fruits and vegetables.

Nutrient-dense foods promote both prostate and overall health.

### Eat stewed or cooked tomatoes.

Enjoy natural lycopene as well as the supplement.

### Drink 2 to 4 cups of green tea a day.

Antioxidants in green tea help prevent prostate cancer.



Ladies  
First

Unfortunately, many men aren't active participants in their own healthcare. So, we're asking women of every age to spread the good word to the men in their lives, however young.

**Family values!** Chronic illnesses, like prostate cancer, affect the entire family. We want to encourage family members to get involved in maintaining each part of the family unit before it's too late to make a difference.

**Prevention begins at home!**