



OMEGA 3 FATTY ACIDS AND PROSTATE CANCER



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For a list of references on the flax versus fish debate, go to the website listed below.

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.

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you **NEED** omega 3s...

While eating fish tends to reduce overall prostate cancer risk, it reduces the risk of *metastatic* prostate cancer up to 24% with 500mg a day.

As little as 200 mg a day of omega 3 fats from fish can reduce the risk of sudden death from irregular heartbeat by 50%.

Your best bet is to obtain your omega 3 fats from fish, fish oil, or the vegetarian supplement Neuromins in that order.

... but you should chose fish over flax.

While experts agree that omega 3 fatty acids are essential for treating and preventing chronic illnesses like heart disease, hypertension, and arteriosclerosis, few know that there is also a large body of evidence that suggests omega 3s have a positive and negative impact on prostate cancer.

In fact, ALA (the major plant source of omega 3s from vegetable fats such as canola oil, vegetable oil, and flaxseed oil) can almost double your chances of getting prostate cancer.

Fish oil, on the other hand, is rich in DHA, which is the optimal form of omega 3s and safe for prostate cancer patients.

More effective than ALA, DHA has been associated with benefits ranging from prostate health to enhanced brain function among infants.

While slick marketing campaigns want you to believe that flaxseed is the next magic nutraceutical, research confirms that fish oil is a better source of DHA.



If flax is so bad for men why do so many people recommend it?

There have been a number of studies suggesting flax's benefits, but, there are no comprehensive clinical trials suggesting anything other than minimal advantages. In fact, a number of studies confirming its negative impact on prostate cancer.

While there is controversy over flaxseed, there is no controversy over DHA from fish oil.

Why not hedge your bets?