

[IMAGE]

Five Facts About Prostate Cancer

In an honor of "Movember" - the movement during the month of November that brings awareness to prostate cancer and men's health, we would like to point out five facts about prostate cancer that can inform you and also help to save your life. There are many interesting facts about prostate cancer you might not be aware of, first off it is the most common cancer in men and the second most common cause of death from cancer among white, African American, American Indian/Alaska Native, and Hispanic men, according to the Centers for Disease Control. There are also these alarming and informative facts you should take note of:

- Prostate cancer is the fourth most common cause of death from cancer among Asian/Pacific Islander men. It is more common in African-American men compared to white men and less common in American Indian/Alaska Native, Asian/Pacific Islander, and Hispanic men compared to white men.
- According to the Centers for Disease Control, in 2010 approximately 196,038 men in the United States were diagnosed with prostate cancer and 28,560 men in the United States died from prostate cancer.

The good news is you can take a proactive approach when it comes to your health by knowing these facts:

- Eating soy products, like tofu and soy beans, vegetables like broccoli, cauliflower, and cabbage. And, fish, like salmon, albacore tuna, and sardines as well as walnuts and flaxseed, and their oils can help you prevent prostate cancer.
- Being active is also known to decrease your chances of getting prostate cancer. Exercises like jogging, running and cardiovascular exercises can help boost your immune system and make you stronger overall in addition to preventing cancer.
- Seeing your doctor for prevention is important. More men are encouraged to see their doctors more often to help prevent prostate cancer. Like many other cancers, the earlier you catch it the better outcomes and survival rate you will have.

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=1889&no_paginate=true&no_b=true