

[IMAGE]

8 Ways to Protect the Prostate

By Editorial Staff

Prostate Cancer Awareness Month is winding down, but that doesn't mean you shouldn't continue to learn as much as you can about this walnut-sized gland located under the bladder and in front of the rectum in men and how to keep it healthy. With prostate cancer the second leading cause of cancer death in U.S. men (behind cardiovascular disease), understanding how to protect the prostate is absolutely essential. Here are some tips to follow if you're a man – and to share with your man if you're a woman, provided courtesy of the Prostate Cancer Foundation:

1. Eat fewer calories or exercise more so that you maintain a healthy weight.
2. Try to keep the amount of fat you get from red meat and dairy products to a minimum.
3. Watch your calcium intake. Do not take supplemental doses far above the recommended daily allowance. Some calcium is OK, but avoid taking more than 1,500 mg of calcium a day.
4. Eat more fish – evidence from several studies suggest that fish can help protect against prostate cancer because they have "good fat" particularly omega-3 fatty acids. Avoid trans fatty acids (found in margarine).
5. prostate cancer - Copyright © Stock Photo / Register Mark Try to incorporate cooked tomatoes that are cooked with olive oil, which has also been shown to be beneficial, and cruciferous vegetables (like broccoli and cauliflower) into many of your weekly meals. Soy and green tea are also potential dietary components that may be helpful.
6. Avoid smoking for many reasons. Drink alcohol in moderation, if at all.
7. Seek medical treatment for stress, high blood pressure, high cholesterol, and depression. Treating these conditions may save your life and will improve your survivorship with prostate cancer
8. Relax and enjoy life. Reducing stress in the workplace and home will improve your survivorship and lead to a longer, happier life.

Talk to your doctor to learn more about prostate cancer and the natural strategies you can take now to reduce your risk in the future. And don't forget: November has been coined "Movember" to raise awareness for prostate and other cancers affecting men. So grow a moustache and show you care!

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