Nutrition and prostate cancer: an overview.

Patel VH.

Abstract

There is increasing evidence for a link between nutrition, lifestyle and prostate cancer development. There is also growing interest from patients, with significant numbers of men using complementary and alternative medicines, such as vitamins and types of diet. Obesity and metabolic syndrome are important risk factors for prostate cancer and their management is key. The amount and type of fats consumed are also clearly related to prostate cancer risk. Saturated fats and trans fats are identified as having a negative impact. Nutraceuticals and supplements, particularly antioxidants, polyphenols and soy have evidence for benefit for prevention of prostate cancer and progression of the disease. A selection of nutrients is highlighted in this article. Nutritional therapists advise patients on how to incorporate these beneficial nutrients into their diet and guide them on supplement use. Further research is required to elucidate the connection between diet, nutrients and prostate cancer, including the field of nutrigenetics.

KEYWORDS: CAM; diet; lifestyle; nutraceuticals; nutrition; nutrition therapy; obesity; prostate cancer; supplements

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