



# Prevention

Prostate Cancer Awareness Month September 2021

## REDUCING MORTALITY FROM PROSTATE CANCER

**Note to Readers:** Fear of COVID exposure sharply reduced medical visits and preventive care. We have added information about optimizing cancer prevention while minimizing COVID risk during the pandemic.

### Prostate Cancer Prevention During COVID

**Screening:** Because the **benefits of PSA screening** for prostate cancer are **uncertain, delayed** by a decade or more and comes with a substantial risk of overdiagnosis, overtreatment with urinary, bowel and sexual side effects, **shared decision making** (SDM) about screening is recommended for standard risk men 55-69 years. SDM may occur remotely, which is currently permitted. PSA testing requires blood drawing, although the test can be added to a standard blood panel.

**Primary Prevention:** Exercise<sup>1</sup> and healthy dietary changes (see below) can be performed in social isolation, although group exercising, particularly indoors, increases risk of COVID exposure. However, adherence to dietary cancer prevention recommendations is poor, even among men facing prostatectomy.<sup>2</sup>

**Diet and Supplements Reduce Prostate Cancer Risk?** A heart-healthy diet likely also reduces the risk of fatal prostate cancer.<sup>3</sup> The human microbiome may mediate, or at least signal, diet-related benefits.<sup>4</sup> Flavenoids may have beneficial epigenetic effects on carcinogenesis.<sup>5</sup> However, correlative studies from patients on the control arm of the Prostate Cancer Prevention Trial found that dietary carotenoids and retinoids are not associated with prostate inflammation, a hypothesized carcinogenic mechanism,<sup>6</sup> and vitamin D metabolites have minimal association with aggressive prostate cancer.<sup>7</sup>

**Prostate Screening Recommendations by the US Preventive Services Task Force: Uncertain benefit** (C rating, updated April 2018) so recommend **individual shared decision making (SDM)** for average risk men age 55-69 years. **Not recommended age 70** or older. **High risk patients** (prostate cancer in 1<sup>st</sup> degree family member, African American) may consider PSA screening before age 55 because prostate cancers develop earlier in high-risk men.

**PSA Screening** is complicated, requiring shared decision making. Prostate cancer occurs in most men but kills 2.5%. **Three major screening trials with conflicting results** found **few lives saved**, at least **10-fold overdiagnosis** of unimportant cancers, and many men with side effects of **overtreatment**. However, **men adjust** to treatment-related sexual, urinary and bowel symptoms, so their quality of life returns to baseline.<sup>8</sup> If so, PSA screening looks better but requires time frames of 15 years or more, and screening prevents no more than 1 prostate cancer death for every 1000 men getting screened.<sup>9</sup>

Authors: James A. Talcott MD, SM, Senior Scientist **Strang** Cancer Prevention Institute  
Michael P. Osborne MD, MSurg, FRCS, FACS President **Strang** Cancer Prevention Institute

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# The Strang Cancer Prevention Cookbook

## Reduce your Risk for Cancer by Eating a Healthy Diet!

### Tomato-Basil Sauce 4 Servings

2 pounds plum tomatoes (10-12)  
1 tablespoon olive oil  
2 garlic cloves, crushed  
1 small onion (about 1/4 pound), chopped  
½ cup fresh basil leaves cut into long strips  
Salt and freshly ground black pepper



Core the tomatoes and drop them into boiling water for 20 to 30 seconds. Slip off the skins and slice the tomatoes in half horizontally. Gently squeeze the halves over a bowl to squeeze out the seeds. Use your fingers to remove any remaining seeds. Discard the seeds, chop the tomatoes and reserve.

Heat the olive oil in a medium nonstick skillet over high heat. Add the crushed garlic and cook until lightly browned, then remove and discard. Add the onion to the skillet and cook over medium heat until soft, about 5 minutes, stirring often. Add the reserved tomatoes and bring to a simmer. Cook uncovered over medium heat, stirring occasionally for 30 minutes, until the sauce thickens. Stir in basil, season with salt and pepper, and simmer for 2 to 3 minutes.

Calories 93, protein 3g, carbs 14 g, fat 4 g, cholesterol 0 mg, dietary fiber 3 g, saturated fat 1 g

### MAJOR SOURCES OF POTENTIAL CANCER FIGHTERS

**Phytochemicals:** allium compounds, plant polyphenols (flavonoids, phenolic acids) plant sterols, phytic acids, terpenes, (carotenoids, monoterpenes)

Recipe by Laura Pensiero, R.D., [Strang](#) Nutrition Consultant  
Chef, Dietitian, Restaurateur, Author  
Owner, Gigi Hudson Valley (Trattoria & Catering) Rhinebeck, New York



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**Strang** Cancer Prevention Institute

575 Madison Avenue 10th Floor  
New York, NY 10022  
Tel: (212) 501-2111 [www.strang.org](http://www.strang.org)

Editor | Research Associate  
Merle K. Barash MA AEd, MA Psya

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