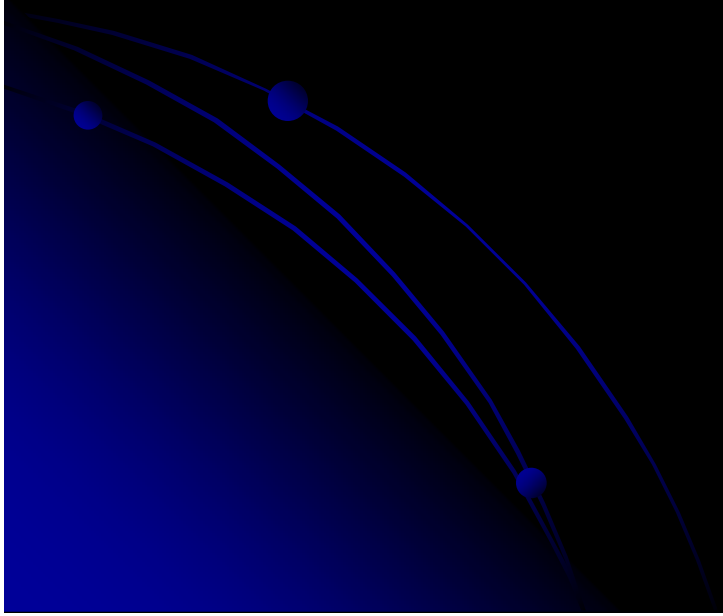
Quod me nutrit me destruit

How may diet alter the outlook of men with prostate cancer?

in a number of ways :



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- a subtle influence on the actual prostate cancer

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- a direct link on cardiovascular disease

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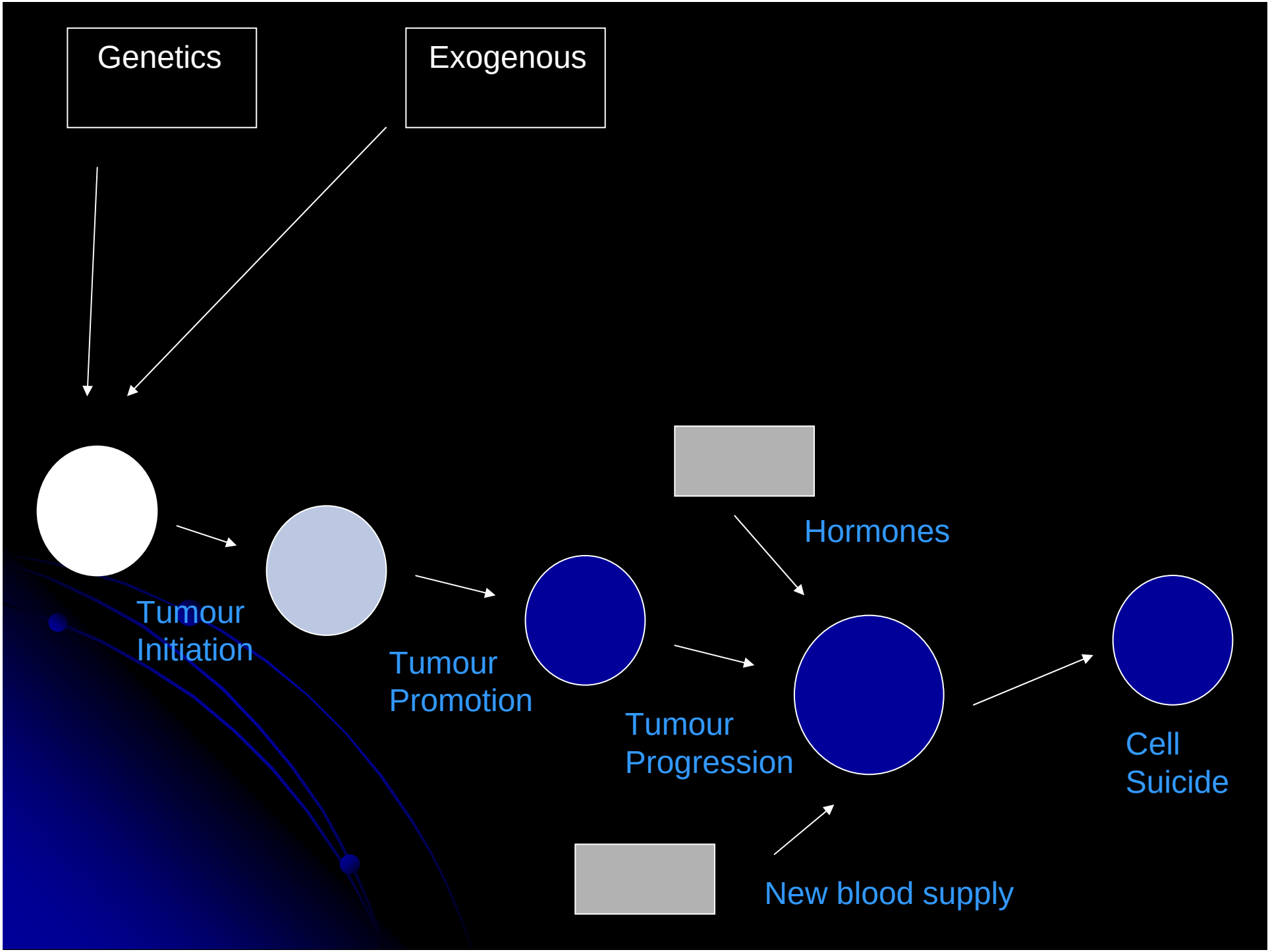
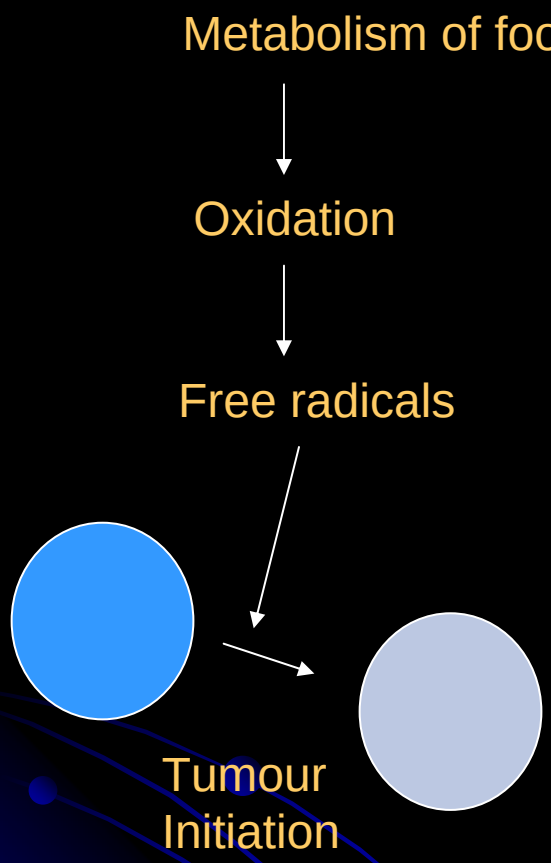
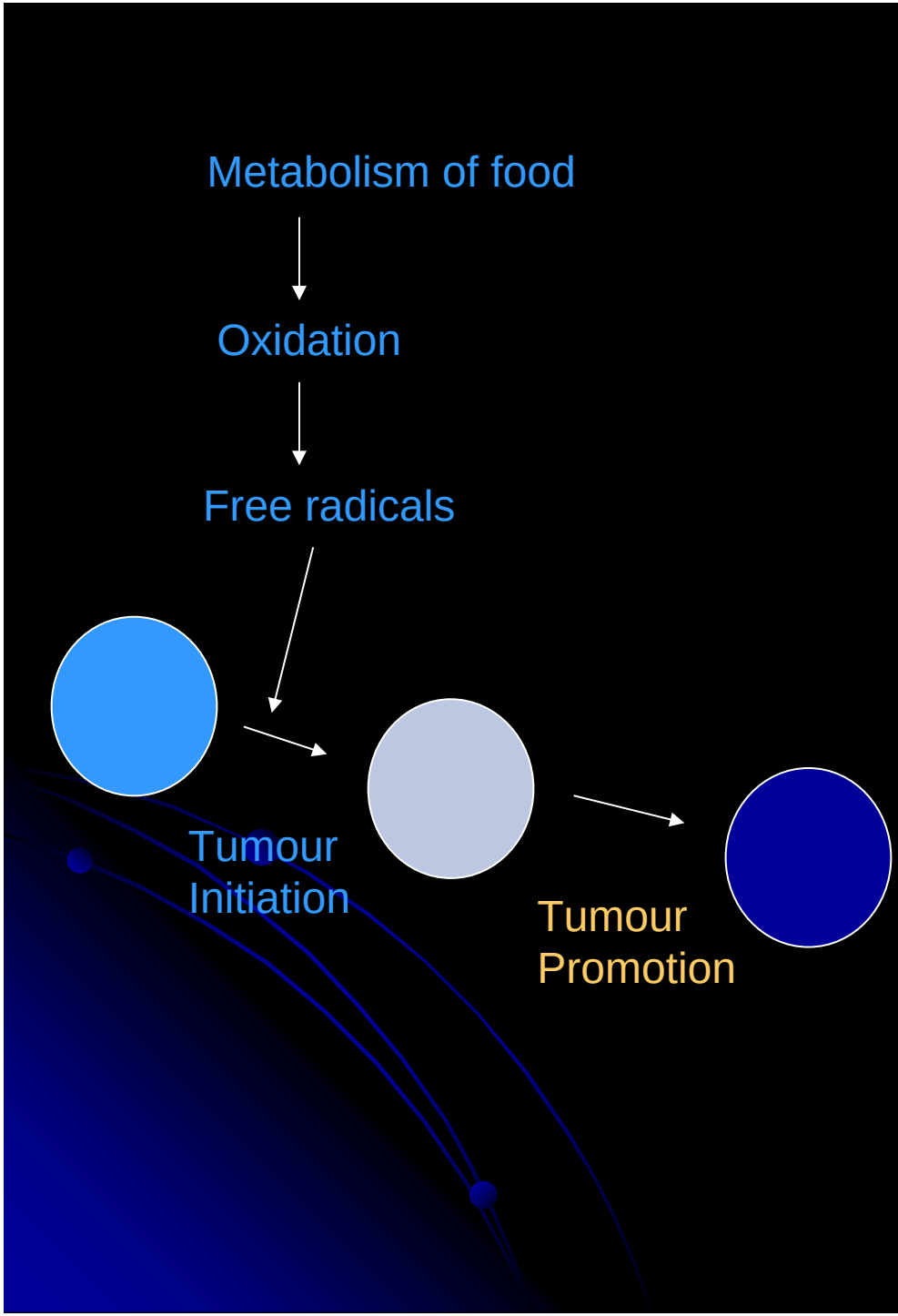
- a subtle influence on the actual prostate cancer
- a direct link on cardiovascular disease
- a direct effect on obesity, which may in turn affect both of the above

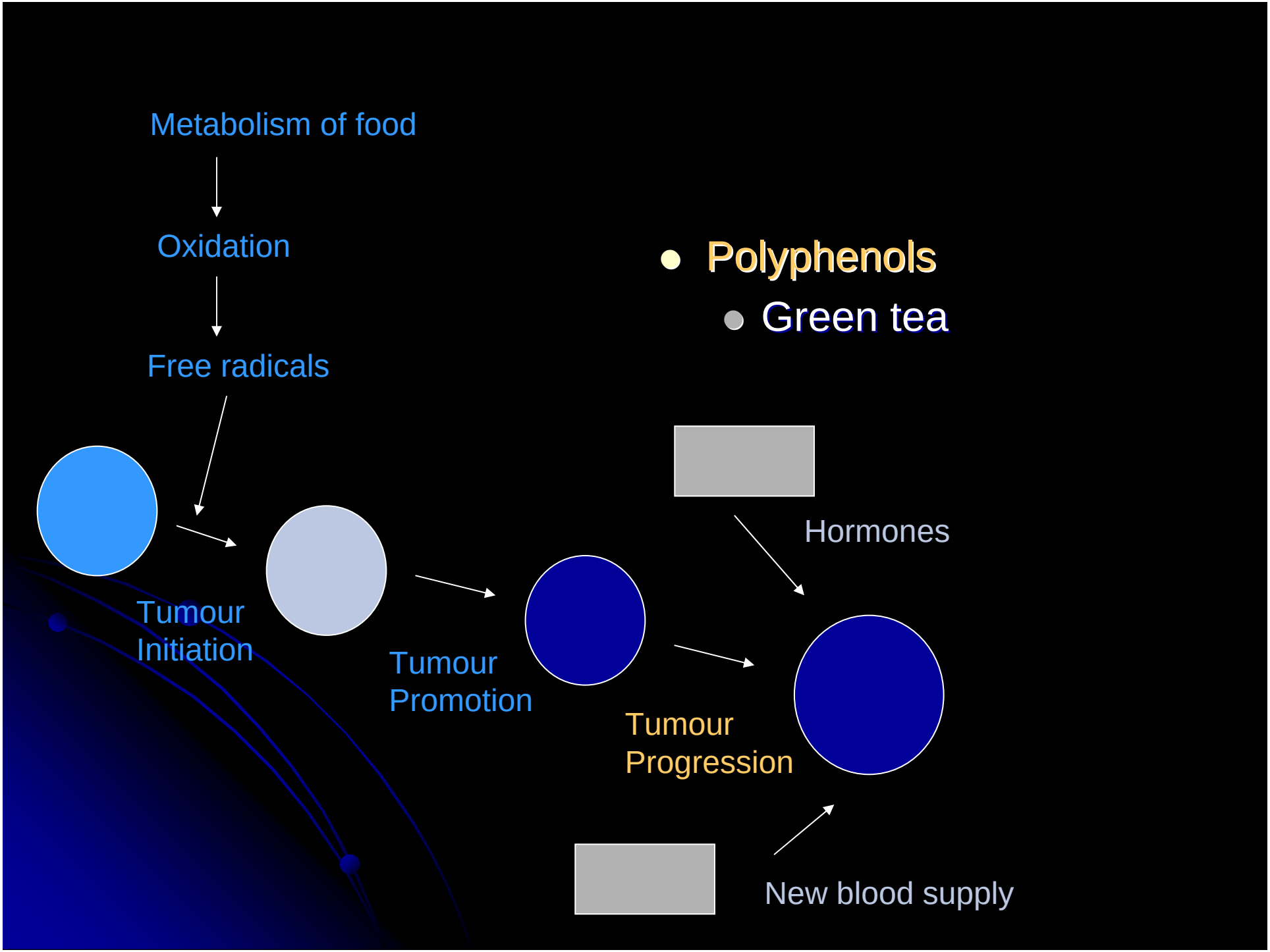

Genetics
Exogenous
Hormones
Tumour Initiation
Tumour Promotion
Tumour Progression
Cell Suicide
New blood supply

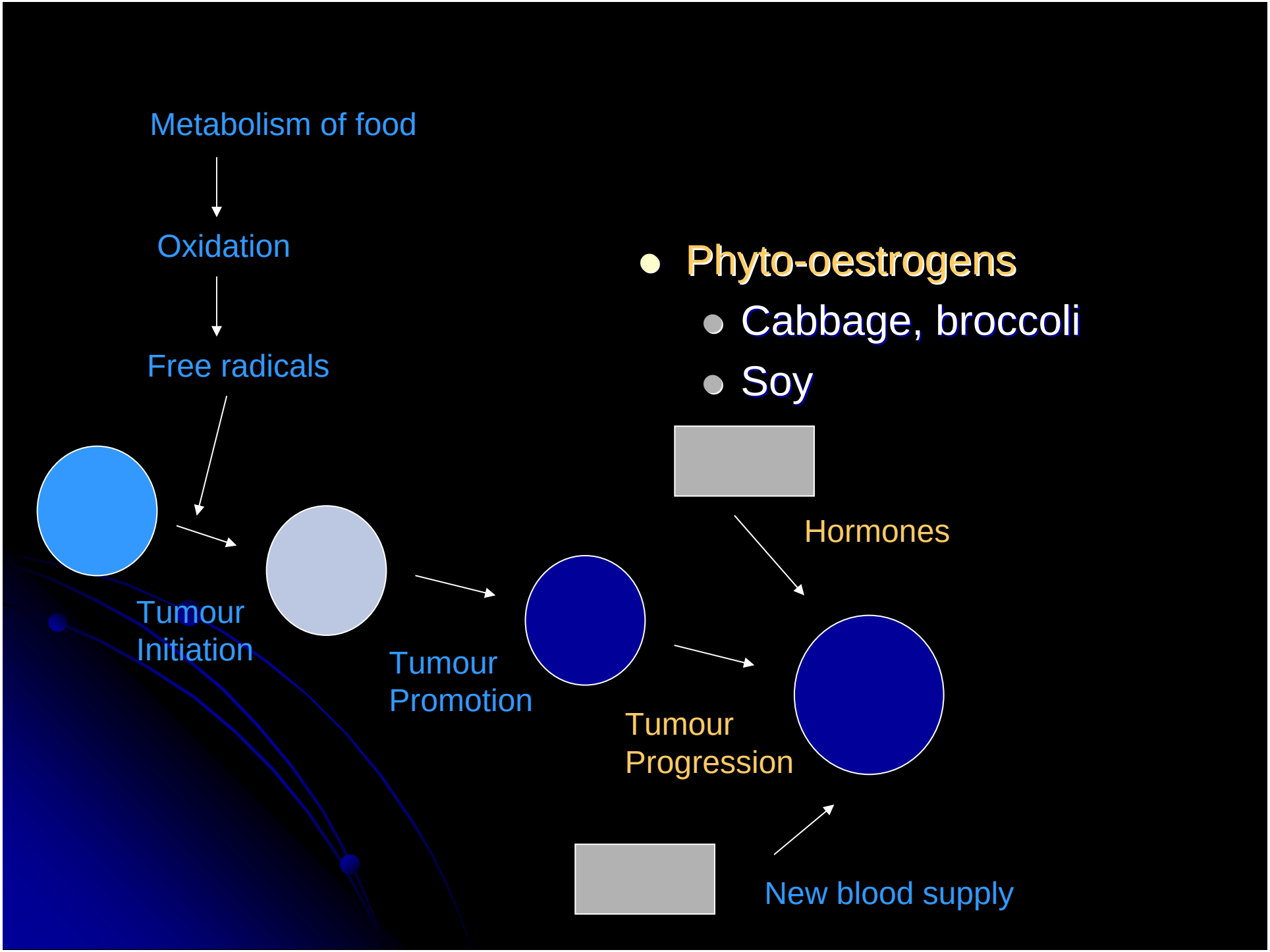


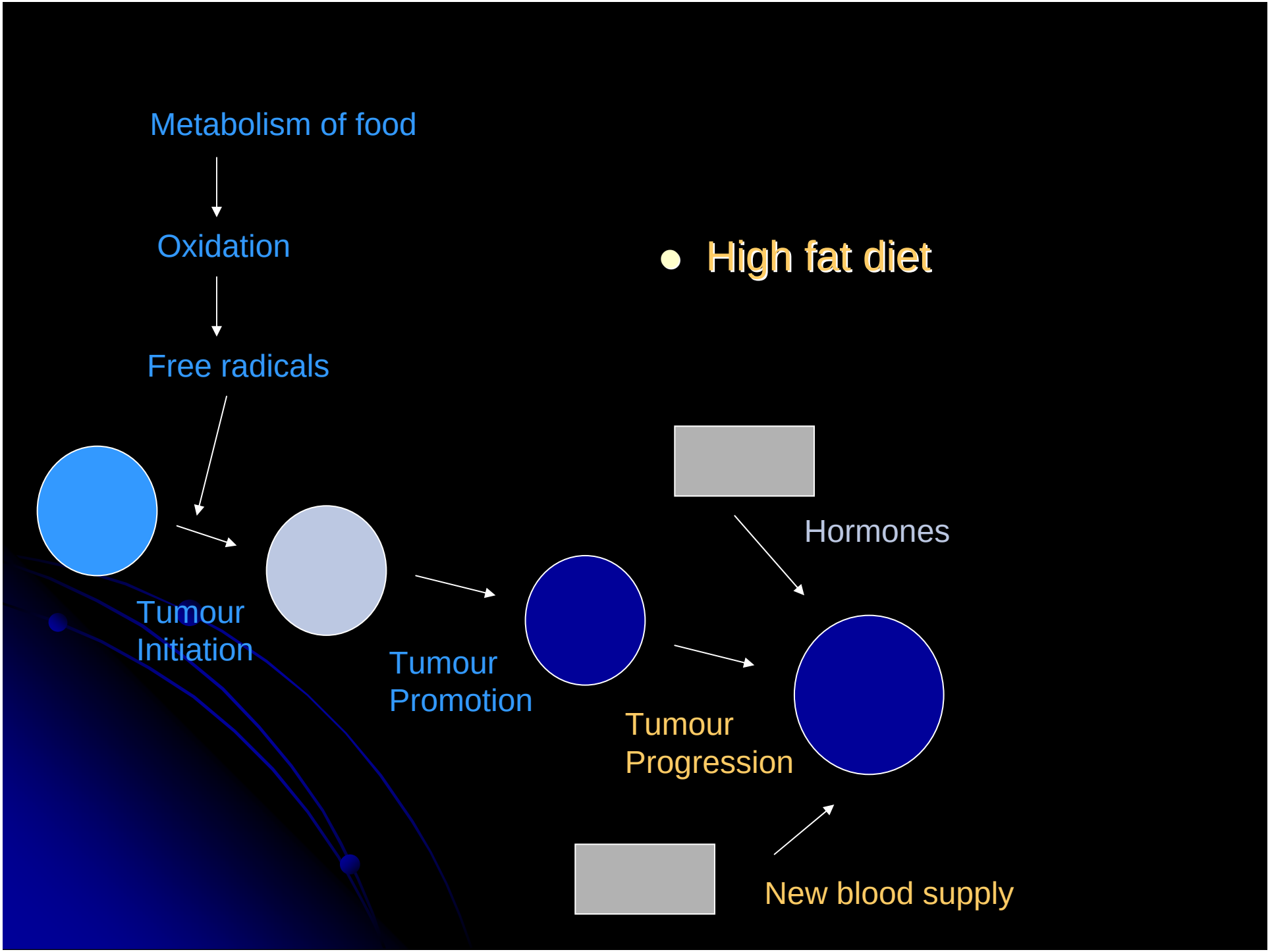

- Anti-oxidants
- Lycopenes
- Vitamin C
- Carotenoids
- Flavanoids
- Quercetins
  - Tomatoes
  - Tomato produce
  - Coloured fruit and veg
  - Onions
  - Red wine

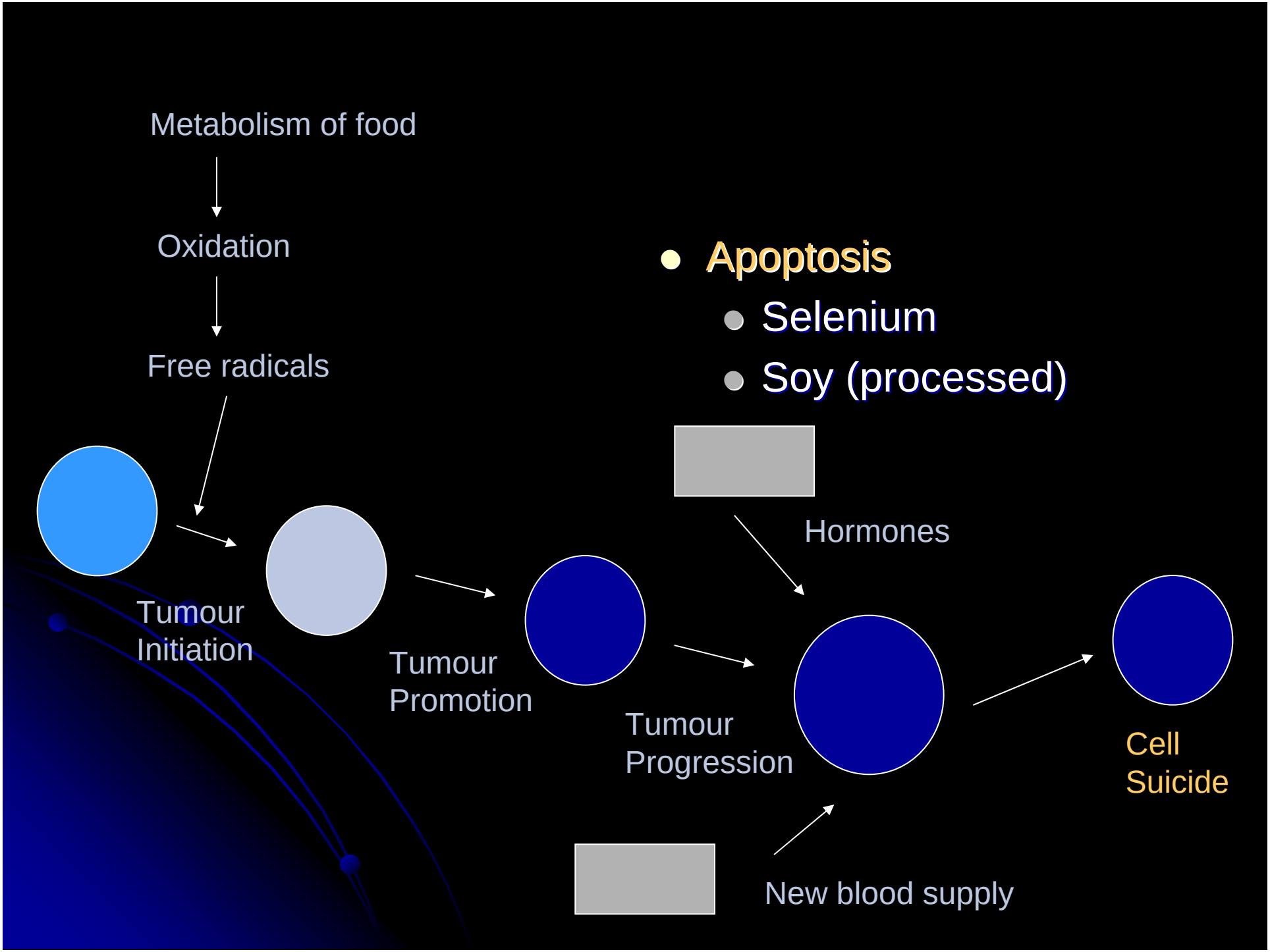



- Saponins
  - Whole grain foods


Metabolism of food
Oxidation
Free radicals
Polyphenols
Green tea
Hormones
Tumour Initiation
Tumour Promotion
Tumour Progression
New blood supply


Metabolism of food
Oxidation
Free radicals
Phyto-oestrogens
Cabbage, broccoli
Soy
Hormones
Tumour Initiation
Tumour Promotion
Tumour Progression
New blood supply


Metabolism of food
Oxidation
Free radicals
High fat diet
Hormones
Tumour Initiation
Tumour Promotion
Tumour Progression
New blood supply


Metabolism of food
Oxidation
Free radicals
Apoptosis
Selenium
Soy (processed)
Hormones
Tumour Initiation
Tumour Promotion
Tumour Progression
Cell Suicide
New blood supply

- Any one food may do a number of these
- A healthy balanced diet – not a magic bullet
- Processed food can be good….

# Cardiovascular

- Man of 65….
- Prostate friendly is heart friendly
- Smoking
- Blood pressure

# Obesity

- Maybe up to 20-30% risk increase
- hormone conversion in fat cells

| Good | Bad | Ugly |
| --- | --- | --- |
| Good fats | | Saturated fat |
| Fruit and veg | | |
| White meat | Red meat | |
| Oily fish | | |
| Nuts | | |
| Insoluble Fibre | | |
| Soy | | |
| Red wine | | |
| Onions | | |
| Vit C and E | | |
| Selenium | | |
| Green tea | Dairy produce | |

# The Great British Diet

Changed over last 50 years

- 1950-70s
- Decline in carbohydrate derived energy
- Rise in fat derived energy
  - Trend is reversing

- Total milk consumption down
- Skimmed milk consumption up

Untouched ‘water’ consumption down

# The Great British Diet

Protein

- Red meat intake rose sharply in 50s
- Declined ever since
- Meats in pre-prepared foods risen

- Average 90g / day cooked red meat

- Poultry increased a lot
- Fish down
- Soy produce up – still very small

# The Great British Diet

Bread intake halved
Cereals up slightly

Fruit and veg up 30-50%
- mostly leafy salads
- brassicas down by 60%

Selenium intake low 30-60mg/day

# Evidence

- Migrant studies
- Cohort studies
- Case control
- Some animal based data