

July/August 2013

POOR DIET LINKED TO PROSTATE CANCER

Prostate cancer is the most common cancer in men. In the United States alone, an estimated 241,740 new cases of prostate cancer will be diagnosed in 2013. And about 28,170 men will die of this disease. And even though the five-year survival rate for prostate cancer is nearly 99 percent when found and treated early, research suggests that a healthy diet may help prevent this cancer from developing.

Common risk factors for prostate cancer include: being older (over age 65), having a family history of prostate cancer, being African American, and being obese. But newer research suggests that a poor diet may also add to that list. And once a man has prostate cancer, diet may affect how fast the cancer grows and if it comes back after a man has been treated.

Food to limit

Men who eat a lot of red meat or high-fat dairy products have a slightly higher chance of getting prostate cancer, according to the American Cancer Society. Men at risk for prostate cancer also tend to eat fewer fruits and vegetables. But doctors are not sure which of these factors is responsible for raising the risk.

Some studies have linked eating a lot of animal fat to a higher risk of prostate cancer. And researchers believe it might be the way that the animal fat is cooked that makes a difference. As an example, one study found that eating greater amounts of meats, especially grilled meat, was linked to an increased risk of aggressive prostate cancer. Another study suggests that men who eat deep-fried foods such as French fries, fried chicken, and doughnuts more than once a week had a greater risk of developing prostate cancer compared with men who ate these types of food less than once a week.

But it may not just be cooked animal fats to avoid. The National Cancer Institute says that "a diet high in

dairy foods and calcium may cause a small increase in the risk of prostate cancer."

Food to consume

Several studies have suggested that diets high in certain vegetables (including tomatoes, cruciferous vegetables, soy, beans, and other legumes) or fish may be linked with a lower risk of prostate cancer, especially more advanced cancers.

Eating plenty of fresh vegetables and fruits is important for disease prevention in general. These types of food contain a variety of phytochemicals that promote health. One of those protective nutrients is lycopene. It is found in red vegetables and fruit. Research suggests that men who eat high amounts of lycopene from tomato products have a lower risk of prostate cancer compared to men who eat less. Other foods shown to help prevent prostate cancer include fish rich in Omega-3 fatty acids, such as salmon, pomegranate and green tea.

Prostate cancer is treatable. But it is also highly preventable. To prevent prostate cancer, men should eat a balanced and healthy diet with plenty of vegetables and fruits, whole grains, nuts and legumes. Low-fat dairy products, fish, and poultry may also be consumed in moderation.

Encourage healthy lifestyle choices

In addition to eating a healthy diet, there are many other things men can do to reduce the risk of developing prostate cancer. Exercising, avoiding tobacco, limiting alcohol, reducing stress, and maintaining a healthy weight can help. Research shows that being a healthy weight helps prevent prostate cancer. Being obese increases the risk for developing prostate cancer, and recurrence for those who have already had it.



Review risk factors for prostate cancer

Starting at age 50, men should talk to a doctor about their health, risk factors for prostate cancer, and appropriate tests for cancer screening. Men with an increased risk for prostate cancer (African Americans, or men who have a father or brother who had prostate cancer before age 65) should talk to their doctor starting at age 45 to take preventive measures and consider testing for prostate cancer.

Sources: American Cancer Society, Journal of Carcinogenesis, Journal of European Urology, Mayo Clinic, National Cancer Institute

WAIST CIRCUMFERENCE DETERMINES HEALTH RISK

A tape measure around the waist helps show who is at risk for heart disease beyond standard body-mass-index measurements.



Scientists are learning more about how the deep abdominal fat that surrounds vital organs is worse than fat just beneath the skin in terms of risk of developing heart disease, Type 2 diabetes and other obesity-related illnesses. That's why waist circumference is important to watch for the 65 per cent of Canadian adults who are overweight or obese.

Body mass index (BMI) and waist circumference (WC) are both used to identify whether you are at increased risk of developing health problems because of your body weight or shape. BMI is based on measurements of height and weight and is not a direct measure of body fat, while waist circumference indicates health risk associated with excess abdominal fat. BMI works better for some ethnic groups than others.

Waist circumference is measured at a point halfway between the hip bone and lowest rib – about five centimeters above the belly button. Many people think the hip bone they feel toward the front of the body is the top of their hips but it's not. By following this spot upward and back toward the sides of your body you should be able to find the true top of the hip bones.

Wrap the tape measure around you in a circle, making sure it is level all the way around. The tape shouldn't push in or indent the skin. Relax, take two normal

breaths, exhale, and then take the measurement. It's best to take the measurement on bare skin. If you wear clothes, measure it the same way each time.

A waist circumference of more than 102 centimeters (40 inches) for men and more than 88 centimeters (35 inches) for women is associated with increased risk of Type 2 diabetes, coronary artery disease, and hypertension. A healthy waistline is 94 centimeters (37 inches) for most men; 80 centimeters (31.5 inches) for women

Health Canada recommends measuring waist circumferences for adults with a BMI between 18.5 and 34.9 to prevent and manage obesity. Using waist circumference alongside BMI helps doctors, nurses, dietitians, kinesiologists and psychologists to weed out who is in greater need of weight-loss counseling, said Professor Robert Ross, an exercise physiologist at Queens.

Ross said, "Since a healthy diet and exercise can shrink the waist while weight stays the same, a smaller waist circumference may reflect health improvements from lifestyle changes that might otherwise be abandoned by those discouraged by numbers on the scale that barely budge."

Sources: Health Canada, Alberta Health Services, Heart and Stroke Foundation of Canada, Canadian clinical practice guidelines in management and prevention of obesity, CBC News.

LOW-FAT DIET IMPROVES BREAST CANCER SURVIVAL RATE

An estimated 230,480 women are diagnosed with breast cancer each year. About 1 in 8 women will develop breast cancer during their lifetime. When detected and treated early, the survival rate for breast cancer is good. But new research shows that a low-fat diet, in addition to surgery, radiation therapy, and medications, may play an important role in surviving breast cancer.

Researchers looked at 1,893 women who had already been diagnosed with breast cancer. They examined the diets of these women to see if certain foods would increase or decrease their risk of dying from breast cancer.

After an average of 11.5 years of follow-up, the researchers found that women who ate high-fat dairy

products were at higher risk of dying from breast cancer than those who seldom or never ate high-fat dairy foods.

Women who ate even half a serving of high-fat dairy foods daily were 20 percent more likely to die from breast cancer during the study compared to those who ate little or no high fat dairy. Those who ate one serving of high-fat dairy daily increased their risk of dying from breast cancer by 49 percent, and their risk for death from any cause increased by 64 percent. That's a remarkable increase. And it means that the women who avoided high-fat dairy products improved their survival rate by 50 to 60 percent.

High-fat dairy foods include things like whole milk, cream, ice cream, cheese, sour cream, and butter. And it also includes foods like cheesecake or other high-fat dairy desserts. For the women in the study who used only low-fat dairy products, there was no increase in mortality. The researchers also found that there was no increase in mortality from other high-fat foods such as plant-based fats, chocolate, avocados, or nuts.

The bottom line...is that if you ever get breast cancer, avoiding high-fat dairy may cut your risk of dying in 10 to 12 years after treatment by 50 to 60 percent. That's significant and worth doing.

Sources: *Journal of the National Cancer Institute. 2013, Centers for Disease Control and Prevention, American Cancer Society*

PREDIMED DIET LOWERS RISK OF CARDIOVASCULAR DISEASE

A large randomized control diet study in Spain, called the PREDIMED diet, gives additional evidence that eating the right foods can reduce the risk for cardiovascular disease (heart attacks, strokes, and deaths from heart disease). The study looked at 7,447 people living in Spain who followed different diets.

A control group ate their normal diet but was instructed to limit their intake of high-fat foods such as nuts and olive oil.

A second and third group ate the "Mediterranean diet" that emphasizes vegetables, fruits, whole grains, legumes, nuts, fish, and olive oil, but limits red and processed meat. In addition, the second group was

given nuts weekly and instructed to eat at least 1/4 cup of nuts daily. This included walnuts, hazelnuts, and almonds. The third group was given extra-virgin olive oil weekly and encouraged to eat more olive oil. On average, this group ate about 4 tablespoons of olive oil with meals daily.

As the researchers monitored the group's progress, they noticed that the control group was experiencing significantly more cardiovascular events than those eating the extra nuts and olive oil daily. After 4.8 years those in groups 2 and 3 had a 30 percent decreased risk of cardiovascular disease. The finding was so significant, the study ended early to give everyone the opportunity to adopt the healthier diet. Those on the Mediterranean diet also had significantly lower blood pressure levels.

Contrary to what most people would think, those eating the higher fat diet had fewer heart attacks and strokes. The extra-virgin olive oil and nuts were the primary difference in the diet. These healthy fats seem to be protective against cardiovascular disease.

The researchers pointed out that the most protective part of the PREDIMED diet appeared to be the higher intake of healthy fats – the nuts and extra virgin olive oil. The protective aspects of the Mediterranean diet also improved heart health. The Mediterranean diet is based on eating more fruits and vegetables (7 or more servings per day), whole grains breads, and pasta, more legumes, fish in place of red and processed meats, and less sugar and other refined carbohydrates.

WANT TO CUT YOUR RISK OF HEART ATTACK OR STROKE?

Eat more like those in the Mediterranean including nuts and extra virgin olive oil daily. Here are the recommendations for a healthy Mediterranean diet:

- Fruits and vegetables – Eat 7-10 servings daily.
- Grains – Aim for at least 3-4 servings of whole grain breads and cereals daily (including whole-grain pasta).
- Limit red and processed meats.
- Eat low-saturated fat proteins such as legumes, nuts, tofu and other plant-based proteins.
- Choose low-fat dairy - 1-2 servings a day, or use soy milk and tofu if you don't eat dairy.

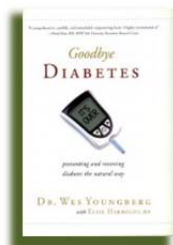


- Limit desserts and sweets - Especially soft drinks.
- Legumes - Eat at least 3 servings weekly; daily if avoiding all meat.
- Nuts – Eat at least one serving daily (a serving is equal to 1 oz or ¼ C of nuts and seeds, or 2 T nut butter).
- Olive or other vegetable oil – Use daily on salads and in cooking, at least 2 tablespoons daily. In the PREDIMED diet they ate 3-4 tablespoons per day of extra-virgin olive oil. Two Mediterranean sauces rich in olive oil are pesto (pine nuts, basil leaves, garlic, and extra-virgin olive oil) and sofrito sauce (garlic, onion, peppers and tomatoes sautéed in olive oil).
- Avoid saturated and solid fats as much as possible.

Reference: *New England Journal of Medicine*. 2013

Source: *Circulation*. 2013.

Book Recommendation



Say goodbye to diabetes... For good!

Join Dr. Wes Youngberg on a journey that will change your life forever. If you have diabetes, are at risk for diabetes, or know someone who struggles with diabetes, this book is a must read. The simple steps in *Goodbye Diabetes* are easy to follow and easy to understand.

Endorsement:

“The slow suicide of America caused by poor lifestyle choices has become a national concern. Wes Youngberg presents a simple yet profound prevention and treatment option for the diabetes epidemic. This book could literally change the life expectancy of this country’s population. Its balance, perspective, and strategies are just what we need for today’s society.”—Richard Hart, MD, Dr PH President, Loma Linda University

This book is available at www.adventistbookcenter.com or your local ABC

Chef's Corner

Layered Black Bean Dip



Ingredients

1 can (15 oz) black beans, drained and rinsed
 1/4 tsp onion powder
 1/4 tsp dried oregano
 1/8 tsp garlic powder
 1/8 tsp cayenne pepper
 1/2 C salsa, thick and chunky
 1/2 C fat-free sour cream
 1/4 C chopped green onions
 2 oz (1/2 C) grated reduced-fat cheddar cheese

Directions

1. Mash beans and mix with onion powder, dried oregano, garlic powder and cayenne pepper.
2. Spread on a serving dish.
3. Top with salsa, sour cream, green onions and grated cheese.

Enjoy!!