Prostate cancer is the most common cancer among men in the United States after skin cancer. About 233,000 new cases were estimated to occur in 2014. It is the second leading cause of cancer deaths in men, after lung cancer.

Roughly 30,000 deaths are attributed to prostate cancer each year. Prostate cancer is the most common cause of cancer deaths in men, after lung cancer. About 233,000 new cases were estimated to occur in 2014. It is the second leading cause of cancer deaths in men, after lung cancer.

Prostate cancer is the most common cancer in North America and northwestern Europe. African American men have the highest prostate cancer incidence rates in the world. Studies suggest that 5–10 percent of prostate cancer cases may be due to a genetic predisposition, although a much larger proportion of prostate cancer diagnosed before age 55 seems linked to susceptibility genes.

AICR Guidelines for Cancer Prevention

The choices you make about food, physical activity and weight management can reduce your chances of developing cancer.

- Choose mostly plant foods, limit red meat and avoid processed meat.
- Be physically active every day in any way for 30 minutes or more. Limit sedentary habits, like watching television.
- Aim to be a healthy weight throughout life.

And always remember - do not smoke or chew tobacco.

Make a donation online at www.aicr.org; write to AICR, 1759 R Street, NW, Box 97167, Washington, DC 20090-7167; or include a bequest in your will. For more information, contact our Gift Planning Department at 1-800-843-8114.

Follow us on

American Institute for Cancer Research

About us

OUR MISSION: The American Institute for Cancer Research champions the latest and most authoritative scientific research from around the world on cancer prevention and survival through diet, weight and physical activity, so that we can help people make informed lifestyle choices to reduce their cancer risk.

We have contributed over $105 million for innovative research conducted at universities, hospitals and research centers across the country. Find evidence-based tools and information for lowering cancer risk, including AICR’s Recommendations for Cancer Prevention, at www.aicr.org.

About the Continuous Update Project

As the U.S. charity in the World Cancer Research Fund network, we contribute to the Continuous Update Project (CUP), an ongoing analysis of global scientific research into the link between diet, physical activity, weight and cancer.

The CUP produces periodic reports on the state of the evidence linking various lifestyle factors to risk of specific cancers. These reports will inform a major update of our Recommendations for Cancer Prevention scheduled for 2017.

“HOW COMMON IS PROSTATE CANCER?”

Prostate cancer is the most common cancer among men in the United States after skin cancer. About 233,000 new cases were estimated to occur in 2014. It is the second leading cause of cancer deaths in men, after lung cancer. Roughly 30,000 deaths are attributed to prostate cancer each year.

“AT WHAT AGE DO MEN USUALLY DEVELOP PROSTATE CANCER?”

Risk of prostate cancer increases with age. Sixty percent of men with the disease are older than 65; 97 percent are over age 50. The disease develops slowly and often causes minimal symptoms in its early stages.

“ARE PARTICULAR RACES OR NATIONALITIES MORE AT RISK THAN OTHERS?”

Prostate cancer is most common in North America and northwestern Europe. African American men have the highest prostate cancer incidence rates in the world. Studies suggest that 5–10 percent of prostate cancer cases may be due to a genetic predisposition, although a much larger proportion of prostate cancer diagnosed before age 55 seems linked to susceptibility genes.

“HOW CAN I REDUCE MY RISK OF PROSTATE CANCER?”

While age, ethnicity and family history are the greatest risk factors for prostate cancer, experts point to several diet-related factors that can modify your risk. There is evidence that foods containing lycopene (found in tomato products, watermelon and some other red fruits and vegetables) probably decrease prostate cancer risk. Researchers are finding that avoiding vitamin D deficiency and getting the recommended intake of vitamin D (at least 600 IU per day for under age 70 and 800 IU per day if over age 70) may also help prevent prostate cancer.

However, diets high in calcium (1,500 mg or more daily) may increase risk.
What Is Prostate Cancer?
Prostate cancer is a malignant tumor in the prostate, the male gland that produces fluid for semen. The prostate gland is about the size of a walnut. It is located at the bottom of the bladder and surrounds the urethra. The growth and function of the prostate are controlled by male hormones called androgens, such as testosterone. Prostate cancer behaves in varied ways, but most prostate cancers are slow-growing and sometimes present for many years before symptoms appear.

Causes. A person’s age, ethnicity and family history are all contributing risk factors that cannot be changed. Research is underway to clarify how risk is linked to hormone levels, including testosterone and insulin-like growth factor (IGF). Current research suggests that you can reduce your chances of developing prostate cancer by making healthy dietary choices.

A Diet to Lower Cancer Risk
Making healthy diet and lifestyle changes may reduce your risk of cancer. Research shows that eating a mainly plant-based diet (rich in vegetables, fruits, whole grains and beans), maintaining a healthy weight and getting regular physical activity provide the best approach for lowering the risk of prostate cancer.

Some ongoing research suggests that diets with too much processed meat, fat and alcohol and foods enriched with calcium have been linked in some studies to increased risk of prostate cancer. For bone health, health experts recommend 1,000 mg of calcium a day for men ages 19–70; 1,200 mg for men over 70. Avoid taking supplements that give you more calcium than you need.

Few human studies have been completed that examine the ability of nutritional supplements to impact prostate cancer risk. The largest-ever prostate cancer prevention trial, SELECT, found that neither supplements of selenium nor vitamin E nor a combination of both led to any reduction in prostate cancer. (In fact, vitamin E supplements taken alone were linked with a small increase in prostate cancer risk.) Even though obtaining enough selenium in a healthy diet may reduce the risk of prostate cancer, there is a point where getting more selenium from supplements does not offer more protection and could even be harmful.

For more information on eating a healthy diet to reduce cancer risk, visit www.aicr.org.

Symptoms of Urinary and Prostate Problems
Be sure to see your doctor if you experience any of the symptoms of prostate trouble. Urinary symptoms may be more likely to be signs of Benign Prostatic Hyperplasia (BPH), prostate enlargement that is very common in older men and is not cancer. Urinary tract infections can also cause these symptoms; and prostatitis, an inflammation of the prostate, may also occur because of infections that are treatable. But prostate cancer may present with these symptoms as well:

- Any changes in urinary habits
- Need to urinate frequently
- Sense of urgency to urinate, but difficulty starting
- Painful urination
- Inability to urinate or weak or interrupted flow
- Blood in the urine
- Pain or discomfort in the lower back, pelvis or upper thighs

Screening Tests
Your doctor can talk with you about the benefits and risks of prostate cancer screening tests, and what they can tell you and what they cannot. Together, with consideration of your overall health, you can decide the path you want to take regarding prostate cancer screenings.

PSA blood test. The prostate-specific antigen blood test detects a protein made by the prostate gland. Higher levels of PSA in the blood indicate changes in the prostate, but not necessarily cancer. An elevated PSA level could be an early sign of prostate cancer but it could also be due to infection, prostatitis or an enlarged prostate gland.

Digital rectal examination. The DRE is an effective, inexpensive way to help detect cancer. However, it is quick, and although mildly uncomfortable, it is painless and can be a lifesaver. Men at higher risk, especially African Americans, should talk to their doctor about whether they should begin these tests at ages 40–45, and if so, how often.