Diet, exercise and prostate cancer

This fact sheet is for men who have been diagnosed with prostate cancer and want to improve their health and wellbeing. Partners and family members may also find this information helpful. This fact sheet describes how a healthy diet and regular exercise may help you manage the impact of prostate cancer and its treatment. It does not recommend a fixed diet or exercise programme but instead suggests sensible changes that may help with your prostate cancer as well as improve your overall health. It does not cover eating problems caused by prostate cancer or its treatment. For information on this, ask your doctor to refer you to a dietitian or call our confidential Helpline on 0800 074 8383.

In this fact sheet:

- How can diet and exercise improve my health and wellbeing?
- How can diet and exercise help with side effects?
- How can I improve my diet?
- How much exercise should I do?
- What foods may help my prostate cancer?
- More information

How can diet and exercise improve my health and wellbeing?

Diet

A healthy diet will benefit your overall health and reduce your risk of medical problems such as heart disease and diabetes. There is also some evidence that certain foods may slow down the growth of prostate cancer or reduce the risk of it returning after treatment.

The research at the moment is limited and we are unsure how different foods affect the growth of prostate cancer. When reading this fact sheet, please remember that we still need more research to show clearly how diet can help men who have been diagnosed with prostate cancer.

By eating healthily you can take control over your own health and actively do something to improve it. There is more information about a healthy diet and foods that may be beneficial for men with prostate cancer on pages 5-9.

Alcohol

Alcohol can make you put on weight. It also causes other health problems such as heart disease and other cancers. We do not know what effect alcohol has on men who have been diagnosed with prostate cancer. However, you should aim to stay within the recommended limits for your general health.

The government advises that men should not regularly drink more than three to four units of alcohol a day. Units are a standard way of measuring the amount of alcohol in a drink.



How many units are in a drink?

- A pint of 4% lager contains 2.3 units
- A 175ml glass of 13% wine contains 2.3 units
- A 25ml measure of 40% single spirit with mixer contains 1 unit

If you have urinary problems after treatment for prostate cancer, try to cut down on alcohol as it can irritate the bladder and make the problems worse. Your specialist team can tell you whether alcohol will affect your prostate cancer treatment.

Food supplements

You should be able to get all the nutrients you need by eating a balanced diet rather than taking supplements. High doses of some supplements may be harmful. Supplements may also interfere with some treatments for prostate cancer, so let your specialist know if you are taking, or plan to take, any supplements.

Your doctor may recommend specific supplements in particular cases. For example they may advise you to take calcium supplements if you are on hormone therapy which can cause bone thinning. Calcium can help keep your bones strong. See pages 4 and 7 for more information.

Herbal remedies

Some men like to take herbal or complementary medicines, such as sage tea, to help them manage their prostate cancer or improve the side effects of treatment. However, there is very little evidence that herbal remedies are effective for prostate cancer.

Not all herbal remedies in the UK are licensed, and the quality varies greatly. Be particularly careful about buying herbal remedies over the internet. Many are manufactured outside the UK and may not be regulated. Many companies make claims that are not based on proper research, and there may be no real evidence that they work. Some may even contain harmful substances such as heavy metals. Remember that a product is not necessarily safe because it is called 'natural'.

There is a risk that herbal remedies could interfere with your prostate cancer treatment. Some herbal remedies contain small amounts of substances similar to hormones which may artificially reduce your PSA levels, making PSA tests unreliable.

It is very important that you tell your doctor if you are taking any kind of herbal remedy or complementary therapy.

The Medicines and Healthcare products Regulatory Agency (MHRA) provides advice about how to use herbal remedies safely. Their contact details are on page 11.

Reporting unusual side effects: The Yellow Card Scheme

If you think you are experiencing a side effect from a herbal remedy that is not mentioned in the information leaflet that comes with it, then you can report it using the Yellow Card Scheme. This is run by the MHRA. They will investigate and if they find a problem with a medication then the MHRA will take action to protect the public.

There are three ways you can report a side effect:

- Use the online Yellow Card form at www.yellowcard.gov.uk
- Ask your pharmacist for a Yellow Card form
- Call the Yellow Card freephone on 0808 100 3352

Exercise

Exercise is important for general health. It can help you to maintain a healthy weight by burning up extra energy which would otherwise be stored by the body as fat. It is unclear whether exercise can help to slow down the growth of prostate cancer, but it may help with some of the side effects of treatment (see page 4). It can also help you cope with any feelings of anxiety or depression.

There is more information about how to include exercise in your everyday routine on page 9.

A healthy weight

Being overweight (obese) may be linked to an increased risk of aggressive or advanced prostate cancer. However, we do not yet

fully understand how weight affects prostate cancer growth. Being a healthy weight may improve the likelihood of surgery or radiotherapy being successful. If you have surgery, you are less likely to have problems like blood loss and urinary problems if you are a healthy weight. Keeping to a healthy weight can also reduce your risk of other health problems such as diabetes and heart disease.

Your body mass index (BMI) can give you an idea of whether you are a healthy weight. You can measure your BMI using the chart below.

- Mark your weight in stones or kilograms and draw a line from top to bottom.
- Then mark your height in feet or metres and draw a line from left to right.
- The point where the two lines cross will fall in one of the shaded areas, showing whether you are a healthy weight for your height.

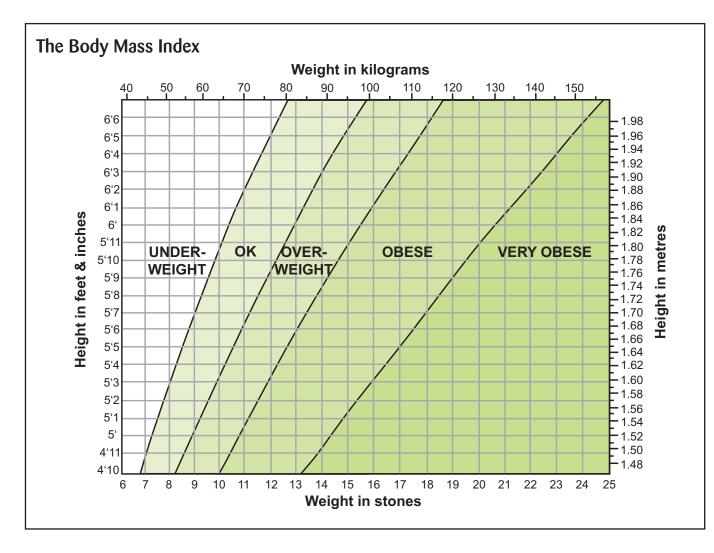
Use the chart below together with your waist measurement. If your waist measures more than 102 centimetres (40 inches) you are at higher risk of health problems.

If you are overweight, following a balanced diet, cutting down on fat and getting regular exercise will help you to lose weight gradually and healthily. It is not a good idea to go on a crash diet, as you may not be eating all the nutrients you need, and many people quickly put the weight back on.

Eat regular meals and remember to try to include five portions of fruit and vegetables each day. The packaging on food often provides information about the calorie, fat and sugar content to help you make healthier choices. However, some foods that claim to be low fat may still be high in sugar and calories.

If you would like some help losing weight, you can ask your doctor to refer you to a dietitian or weight loss programme, or contact one of the organisations listed on page 11.

Being underweight can also affect your health, so it is important that you eat enough. Underweight men who are on hormone therapy have a higher risk of bone thinning. If you are losing weight without meaning to or are struggling to eat enough, you can ask your doctor to refer you to a dietitian.



How can diet and exercise help with side effects?

Diet and exercise may help to reduce the side effects of some prostate cancer treatments. For more information on these side effects, please read our other **Tool Kit** fact sheets.

Weight gain

If you are on hormone therapy, you may find that you put on weight, particularly around the waist. You may also be at increased risk of heart disease and diabetes. A healthy diet and regular exercise can help you stay a healthy weight and reduce your risk of these complications. If you find it difficult to lose weight ask to be referred to a dietitian for advice.

Bone thinning

Long term treatment with LHRH agonists such as Zoladex and Prostap, which are a type of hormone therapy, can increase your risk of bone thinning (osteoporosis). Regular exercise may help to keep you strong and prevent falls which could lead to bone fractures. Gentle resistance exercise, which includes fast walking, swimming and exercising with small weights, can be particularly helpful. You may also need to take calcium and vitamin D supplements.

You should speak to your specialist before you start any exercise or take supplements to reduce the risk of bone thinning. They may be able to refer you to a physiotherapist who will be able to give advice and suggest a specific exercise programme for your needs.

Strength and muscle loss

Hormone therapy can reduce the amount of muscle tissue in the body, resulting in a decrease in physical strength. Gentle resistance exercise such as walking and swimming can help to reduce this muscle loss and keep you stronger.

Hot flushes

Some men have found that the herbal remedies sage tea and black cohosh help them to cope with hot flushes caused by hormone therapy. However, there is no scientific evidence that these are effective. There is also evidence to suggest that black cohosh may cause liver damage. This is rare but you should not take it if you have ever had liver or kidney disease. Tell your doctor if you are taking any herbal remedies for hot flushes or other side effects.

Tiredness

Tiredness and fatigue can be a side effect of some treatments including hormone therapy, radiotherapy and chemotherapy. Gentle exercise such as walking or swimming can help to reduce tiredness. Choose an exercise that is appropriate to your level of fitness, pace yourself and take regular rests.

Anxiety and depression

Many men with prostate cancer will feel anxious and worried at some point following diagnosis, during and after treatment. For some, these feelings may develop into depression. Some treatments for prostate cancer, including hormone therapy and chemotherapy, can also cause depression and mood swings. Regular exercise can help you cope with any feelings of anxiety and depression.

Some men may find the side effects of treatment such as weight gain and loss of physical strength changes how they feel about their body. Eating a healthy diet and taking regular exercise can help you feel more in control and improve the way you feel about your body.

Bowel problems

If you are having radiotherapy, you may have problems with loose and watery stools (diarrhoea) during and after treatment. You may find that eating a low fibre diet for a short time helps with this. Low fibre foods include white rice, pasta and bread, potatoes (without the skins), cornmeal and meat.

Urinary problems

Some treatments for prostate cancer can cause problems with passing urine. You can help to manage these problems by maintaining a healthy weight and level of fitness and avoiding constipation by eating plenty of fibre. Try to drink plenty of fluids (two litres or three to four pints a day), but cut down on fizzy drinks, alcohol and drinks high in caffeine (tea, coffee and cola), as these may irritate the bladder.

Erection problems

Many prostate cancer treatments can cause erection problems. Maintaining a healthy weight and being physically active may help with erection problems.

How can I improve my diet?

Start by making small changes that you feel comfortable with, for example eating more fruit and vegetables. Set yourself realistic goals and make changes gradually. Trying to make too many changes at once may mean that you are less likely to stick to them.

You must feel happy with what you eat. Food is an important and enjoyable part of everyday life and any changes you make should not reduce the pleasure you get from it. Experiment and try new foods. Eating a wide variety of different foods will also increase the amount of nutrients you get.

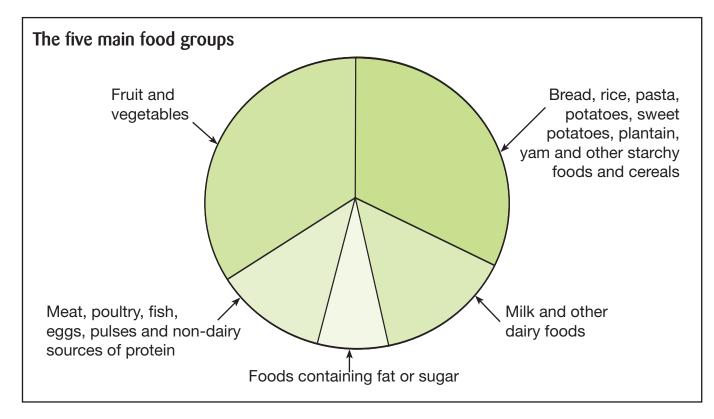
Try to cut down on unhealthy foods, for example those high in sugar or saturated fat, although there is nothing wrong with the occasional treat. Do not totally exclude whole groups of food from your diet as they all play a part in making sure you have a balanced diet. Cutting out one food group completely can make it difficult to get all the nutrients you need.

The picture below shows the main food groups and the proportions that you should aim to include in your diet.

Ask your doctor to refer you to a dietitian if you are making big changes to your diet or if you have any other medical conditions that could be affected by your diet, such as diabetes.

For a healthy diet:

- Base your meals on starchy foods like potatoes, bread, rice, pasta, plantain, sweet potato and yam. Try wholegrain options such as wholemeal bread, wholewheat pasta, brown rice and wholegrain breakfast cereals. These are high in fibre and also help you to feel full for longer.
- Eat at least five portions of fruit and vegetables each day.
- Include some protein, like fish, skinless chicken and pulses.
- Eat foods that are low in saturated fat and higher in monounsaturated and polyunsaturated fats.
- Cut down on sugar, including sugar hidden in soft drinks and processed foods such as cakes and biscuits.
- Cut down on salt. Eat less than one and a quarter teaspoons each day and look out for hidden salt in processed foods. Try using pepper, herbs and spices instead of salt to add flavour when cooking.
- Drink six to eight glasses of fluid each day. This includes any drink, not just water, but does not include strong alcoholic drinks such as wine or spirits. Avoid sugary or fizzy drinks.



Fruit and vegetables

Some of the nutrients found in fruit and vegetables may help to slow down the growth of prostate cancer. However the evidence at the moment is limited and we need more research into the effect of fruit and vegetables. We do know that they are an important part of a healthy diet and are a source of vitamins and minerals as well as fibre. Eating lots of fruit and vegetables may help to reduce your risk of heart disease and other medical problems, including some cancers.

You should try to eat at least five portions of fruit and vegetables every day. They can be fresh, frozen, tinned, dried or juiced. One portion is roughly the size of the palm of your hand or 80 grams in weight. Some food packaging will tell you how many portions the food contains. Five portions a day may sound like a lot, but if you try to have one or two portions with each meal, and fruit as snacks, you should find that you are eating enough fruit and vegetables. You can get more information on how to eat five portions a day from NHS Choices. See page 11 for details.

Different fruit and vegetables contain different vitamins and minerals. Eating a wide range of different coloured fruit and vegetables is a good way of increasing your intake of these vitamins and minerals. Try to include all of the different colours in your weekly diet.

Red	Tomatoes, raspberries, watermelon, kidney beans, strawberries, red onions, radishes, red peppers, guava
Purple	Aubergines, red grapes, aduki beans, blueberries, red cabbage, plums, beetroot, pomegranate
Orange	Carrots, oranges, mangoes, apricots, sweet potatoes, pumpkin, orange peppers, butternut squash, papaya
Yellow	Pineapples, sweetcorn, peaches, chicory, bananas, yellow peppers, plantain
Green	Spinach, broccoli, cabbage, avocados, peas, pears, kiwi fruit, green peppers, courgettes, marrows, okra, fresh herbs, lettuce, watercress, callaloo, dasheen leaves

Tomatoes

Tomatoes contain a chemical called lycopene, which may slow down the growth of prostate cancer. Lycopene is also found in watermelons, pink grapefruits, guava and papaya. You may need to avoid grapefruit if you are taking statins to lower your cholesterol, drugs to treat erection problems or warfarin. Ask your doctor or chemist for advice.

Some research shows that lycopene may also help to improve symptoms of prostate cancer, including pain and urinary problems, although these are very small studies.

Processed and cooked tomatoes, for example tomato sauces, soups and pastes, appear to be a better source of lycopene than fresh tomatoes. Be aware that some tomato products such as ketchup often contain large amounts of salt and sugar. Some studies have also suggested that lycopene supplements do not give the same protection against prostate cancer as tomatoes. This may be because the other nutrients in the food work together with the lycopene to protect the body.

Pomegranate juice

There is some evidence that pomegranate juice may benefit men with prostate cancer. One small study found that drinking a glass of pomegranate juice every day slowed down the growth of cancer in men whose cancer had come back after their first treatment. More research is needed into the exact links between pomegranate juice and prostate cancer.

Cruciferous vegetables

These vegetables belong to the cabbage family. They include broccoli, cauliflower, cabbage, Brussels sprouts, bok choy and kale. Cruciferous vegetables are an important part of a healthy diet, and a source of vitamin C, iron and folic acid.

Some studies suggest that cruciferous vegetables may slow down the growth of prostate cancer or reduce the risk of aggressive prostate cancer. However, other studies have found no link between them and more research is needed.

Soy and pulses

Pulses such as soy beans, kidney beans, chickpeas and lentils contain molecules that may be anti-cancerous. Soy has particularly

high levels of these molecules and studies have suggested that soy may slow down the growth of prostate cancer.

Many new soy products are becoming available in most health food shops and supermarkets including soy milk, soy yoghurts, soy nuts and soy bread. Traditional forms include tofu, miso and tempeh.

Pulses count as one of your five vegetables a day. Three heaped tablespoons of pulses make up one portion. They are also high in fibre.

Green tea

There is some evidence that green tea may protect against the growth of prostate cancer and development of advanced cancer. For green tea to have an effect, you need to drink around six cups a day. This may sound like a lot so if you want to include green tea in your diet, you may find it easier to drink it in place of your usual hot drinks throughout the day.

If you are trying to reduce the amount of caffeine you drink, look for decaffeinated green tea.

Selenium and vitamin E

Some research has suggested that selenium and vitamin E may help to protect against prostate cancer, but other studies have found that they have no effect. The Selenium and Vitamin E Cancer Prevention Trial (SELECT), a large study to investigate whether taking selenium and vitamin E helps to prevent prostate cancer, has found no benefit.

Selenium can be found in Brazil nuts, fish, seafood, liver and kidney. Sources of vitamin E include vegetable oils, nut oils, olive oil, soy beans and seeds such as sunflower seeds.

If you choose to take vitamin E supplements, avoid taking more than 400IU (268mg) per day as it may increase your risk of other health problems. If you have diabetes or heart disease you should not take vitamin E supplements because they can increase the risk of heart failure.

Tell your specialist if you do take selenium or vitamin E supplements, as supplements may interfere with treatments for prostate cancer.

Dairy products and calcium

Eating large amounts of dairy products may increase the risk of prostate cancer growing and of advanced cancer. This may be because dairy products contain high levels of calcium, which may cause prostate cancer to grow. Some research suggests that men who eat very high levels of calcium (more than 2000mg a day) may be at increased risk of advanced prostate cancer.

Calcium is important for health and you do need to include some in your diet. You should be able to get all of the calcium you need from your food. Try to stay within the recommended daily limit of 700mg a day. Some men with prostate cancer choose to avoid dairy products.

You can get calcium from a wide variety of both dairy and non-dairy foods. The table below gives examples of foods that are sources of calcium.

Dairy sources of calcium	Amount of calcium
Cheddar cheese (40g portion)	300mg
Semi-skimmed milk (200ml portion)	250mg
Plain low fat yoghurt (150g portion)	245mg
Choose low fat versions of these foods where possible. Non-dairy alternatives, such as soya milk, are widely available in supermarkets and health food shops.	
Non-dairy sources of calcium	Amount of calcium
Tinned sardines (100g portion)	500mg
Tofu (100g portion)	275mg
Kale (95g portion)	145mg
Kidney beans (60g portion)	45mg
Broccoli (85g portion)	35mg

If you are on hormone therapy, it is important that you get enough calcium and vitamin D to help reduce your risk of bone thinning (osteoporosis). You can get vitamin D from exposure to sunlight although many people in the UK do not get enough vitamin D in this way. You can also get it from eating oily fish and foods fortified with vitamin D. You should aim for 1000-1500mg of calcium each day and 400-800IU (10-20 micrograms) of vitamin D to help keep your bones strong. If you are concerned about this, speak to your doctor about suitable doses of supplements.

Meat

Some studies have found that eating too much red meat such as beef, pork or lamb may increase the risk of advanced prostate cancer. Other studies have suggested that a plant-based diet helps to slow the growth of prostate cancer. However, the evidence about red meat is uncertain, and other studies have found no link with prostate cancer.

Processed meat, such as ham, bacon, sausages and burgers, may increase the risk of prostate cancer growing. Some research also suggests that meat cooked at very high temperatures or very well done can increase your risk of advanced prostate cancer. When meat is burnt it may produce chemicals which can damage normal cells and cause cancer.

Try to eat no more than 300g cooked red meat (400-450g raw) a week, and try not eat red meat every day. You could choose lean white meat such as chicken or fish instead. If you do eat poultry such as chicken or turkey, remove the skin as some studies have suggested that eating the skin can increase the risk of prostate cancer growing.

Fat

You need some fat for your body to function properly. However, too much fat in your diet can lead to being overweight or obese, which may increase your risk of advanced prostate cancer (see page 2). Obesity may also increase your risk of other health problems such as heart disease and diabetes. Reducing the fat in your diet can help to reduce your risk of obesity.

There are different types of fat. Unsaturated fats (known as monounsaturated and polyunsaturated fats) are healthier, and are found in nuts, oily fish, vegetable oil and olive oil. Saturated fats are less healthy and are found in meat and meat products, dairy products such as butter and cheese, and processed foods such as cakes, biscuits and pastries.

Omega-3 fatty acids are unsaturated fats found in oily fish, some nuts such as walnuts, Brazil nuts, hazelnuts and pecans, and vegetable oils. Some studies suggest that omega-3 fatty acids may protect against advanced prostate cancer. Eating oily fish, such as salmon, mackerel and sardines may slow down the growth of prostate cancer and reduce the risk of recurrence after treatment. The fish can be fresh, frozen or tinned, apart from tuna. Fresh tuna contains omega-3, but tinned tuna does not, as the processing removes the omega-3. You should eat no more than four portions of oily fish a week, as these fish contain low levels of toxins. These do not have an immediate effect on your health, but if you eat more than the recommended amount of oily fish, the toxins can build up in the body over time.

We cannot say for certain whether reducing the amount of fat you eat will affect your prostate cancer. Some studies have shown a link between saturated fats found in red meat and dairy products and an increased risk of advanced prostate cancer. However, other studies have found that eating large amounts of fat does not affect prostate cancer.

Think about the type of fats that you eat and try to replace saturated fats with foods that are rich in monounsaturated and polyunsaturated fats.

Some ways to help cut down on fat:

- Choose tomato-based sauces instead of creamy ones.
- Replace fatty snacks like crisps and biscuits with fruit.
- Avoid processed meat such as corned beef and salami.
- · Eat less red meat and remove any visible fat. Try eating chicken or fish instead.

- Remove any skin from chicken or turkey. The skin is high in saturated fat, and may also help prostate cancer to grow.
- Use less fat in cooking. Grill, bake or steam food instead of frying.
- Choose low fat or fat-free milk, cheese and voghurt or replace these with dairy-free alternatives like soya or rice milk.

How much exercise should I do?

The amount of exercise you are able to do will depend on the stage of your cancer and what treatment you are having, as well as your fitness levels. Even a small amount of exercise will be beneficial.

Find an activity that you enjoy. Start gently, and gradually increase the amount that you do as you become fitter. Exercise at your level of fitness, take things at your own pace and do not over do it. Rest when you feel you need to.

Walking, swimming, cycling and gardening are all good exercise. You can do simple things such as getting off the bus one stop earlier, or walking upstairs rather than using the lift. There are even exercises that you can do from your chair or bed, such as lifting and stretching your arms and legs, which can help improve mobility and muscle strength.

Gentle resistance exercise such as fast walking, swimming and using small weights can also be good, especially for men who are on hormone therapy and so at risk of bone thinning (see page 4). High impact exercises such as running are not recommended if you are on hormone therapy.

Try to include 30 minutes of moderate exercise three to five days a week. Your heart should beat faster but you should still be able to talk - about the level of a brisk walk. If you are trying to lose weight, you may find an exercise programme such as walking 10,000 steps a day useful. This gives an indication of the amount of exercise you should aim to build up to. You can get more information about walking 10,000 steps a day from NHS Choices (see page 11 for details).

If you are experiencing tiredness as a side effect of your treatment, you might find it difficult to feel motivated to exercise. However, light to moderate exercise can help boost your energy levels. Try to get into a routine and exercise when you feel most able to. If you feel particularly tired, try exercising for a shorter time or at a lower intensity and rest regularly.

Exercise is safe for men with prostate cancer and those having treatment. However, you should speak to your specialist before you start any kind of exercise plan. They may be able to refer you to a physiotherapist who will be able to give you advice and draw up an exercise programme for your individual needs.

Exercise safely:

- Be careful to avoid falls, especially if you are on hormone therapy which can increase your risk of bone thinning. Wear properly fitting clothing and trainers, and do not exercise on uneven surfaces.
- Make sure you drink enough water and do not get dehydrated.
- Do not exercise if you feel unwell, have any pain, sickness or any other unusual symptoms. Stop if you experience any of these while exercising.
- If you are having radiotherapy and have any skin irritation, avoid swimming pools as the chlorine can make this worse.

You can get help with starting to exercise. Speak to your GP or specialist, who will be able to give you advice about what type of exercise is appropriate for you. They may be able to refer you to an exercise programme or a physiotherapist where you can get further advice.

The table below summarises the information in this fact sheet. It suggests some foods that you may wish to eat more of or add to your diet.

What should I eat more of?	How do they help?	How do I include them in my diet?
Fruit and vegetables	Some of the nutrients found in fruit and vegetables may help to slow down the growth of prostate cancer. Reduces your risk of other health problems.	Eat at least five portions each day. Try to include all the different colours in your weekly diet.
Lycopene	It may help to slow down the growth of prostate cancer.	Lycopene is found in tomatoes (particularly cooked and processed tomatoes), and in lower levels in watermelon, pink grapefruit, guava and papaya.
Pomegranate juice	It may help to slow down the growth of prostate cancer.	Try drinking a glass of pomegranate juice a day.
Cruciferous vegetables	They may help to slow down the growth of prostate cancer and reduce the risk of aggressive cancer.	Eat more vegetables from the cabbage family, such as broccoli, cauliflower, cabbage, Brussels sprouts, bok choy and kale.
Soy and pulses	They may contain anti- cancerous molecules. Soy contains particularly high levels of these molecules.	Include more soy, beans, peas and lentils in your diet. Choose traditional forms of soy such as tofu, miso and tempeh.
Green tea	It may protect against the development and growth of prostate cancer.	Try drinking green tea instead of other hot drinks you have throughout the day
Oily fish	Omega-3 fatty acids in oily fish may help to slow down the growth of prostate cancer and reduce the risk of recurrence after treatment.	Eat fresh, canned or frozen oily fish up to four times each week. Examples of oily fish include sardines, pilchards, mackerel and salmon. Only fresh or frozen tuna contain omega-3 fatty acids.

More information

The Prostate Cancer Charity

This fact sheet is part of the Tool Kit. Call our Helpline on 0800 074 8383 or visit our website at www.prostate-cancer.org.uk for more Tool Kit fact sheets, including an A to Z of medical words which explains some of the words and phrases used in this sheet.

British Dietetic Association

www.bda.uk.com Tel: 0121 200 8080 5th Floor, Charles House, 148/9 Great Charles Street, Queensway, Birmingham B3 3HT For information on finding a registered dietitian and following a healthy diet.

British Nutrition Foundation

www.nutrition.org.uk Tel: 020 7404 6504 High Holborn House, 52-54 High Holborn, London WC1V 6RQ Information on a healthy diet and how diet may be linked to cancer.

Food Standards Agency

www.food.gov.uk Tel: 020 7276 8829 An independent watchdog to protect the public's health in relation to food. Also provides information about healthy eating at www.eatwell.gov.uk

Macmillan Cancer Support

www.macmillan.org.uk 89 Albert Embankment, London SE1 7UQ Helpline: 0808 808 00 00 Mon-Fri 9am-8pm Information on coping with cancer and treatment, including diet, recipes and exercise for people with cancer, family and friends.

Medicine and Healthcare products **Regulatory Agency**

www.mhra.gov.uk Tel: 020 3080 6000 151 Buckingham Palace Road, London SW1W 9SZ Provides advice about how to use herbal remedies safely.

NHS Choices

www.nhs.uk/livewell Provides medical information and advice, including information about how to eat healthily and exercise.

Penny Brohn Cancer Care

www.pennybrohncancercare.org Helpline: 0845 123 23 10 Chapel Pill Lane, Pill, Bristol, BS20 0HH Offers complementary support and advice to people with cancer and their families, including free healthy eating guidelines.

World Cancer Research Fund

www.wcrf-uk.org Tel: 020 7343 4205 22 Bedford Square, London, WC1B 3HH Funds research and provides information on diet and exercise to reduce the risk of cancer. The Prostate Cancer Charity makes every effort to make sure that its services provide up-to-date, unbiased and accurate facts about prostate cancer. We hope that these will add to the medical advice you have had and will help you to make any decisions you may face. Please do continue to talk to your doctor if you are worried about any medical issues.

The Prostate Cancer Charity funds research into the causes of and treatments for, prostate cancer. We also provide support and information to anyone concerned about prostate cancer. We rely on charitable donations to continue this work. If you would like to make a donation, please call us on 020 8222 7666.

The Prostate Cancer Charity First Floor, Cambridge House, 100 Cambridge Grove, London W6 0LE Email: info@prostate-cancer.org.uk Telephone: 020 8222 7622

The Prostate Cancer Charity Scotland Unit F22-24 Festival Business Centre, 150 Brand Street, Glasgow G51 1DH Email: scotland@prostate-cancer.org.uk Telephone: 0141 314 0050

Website: www.prostate-cancer.org.uk

Confidential Helpline 0800 074 8383* Mon - Fri 10am - 4pm, Wed 7pm - 9pm

Email: helpline@prostate-cancer.org.uk

© The Prostate Cancer Charity November 2010 To be reviewed November 2012



* Calls may be monitored for training purposes. Confidentiality is maintained between callers and The Prostate Cancer Charity.

The Prostate Cancer Charity is a registered charity in England and Wales (1005541) and in Scotland (SC039332). Registered company 2653887.

Tell us what you think

We hope you have found this information useful. If you have any comments or suggestions about any of our publications, you can email literature@prostate-cancer.org.uk or write to The Information Team at The Prostate Cancer Charity, 100 Cambridge Grove, London W6 0LE

References to sources of information used in the production of this fact sheet are available on our website.

Reviewed by:

- Liz Butler, Nutrition Consultant, Penny Brohn Cancer Centre, Bristol
- Saira Chowdhury, Specialist Oncology Dietitian, Guy's & St. Thomas' NHS Foundation Trust, London
- John McLoughlin, Consultant Urologist, West Suffolk, and Honorary Consultant, Addenbrookes Hospitals, Cambridge
- Professor Kenneth Muir, Health Sciences Research Institute, Warwick Medical School, University of Warwick
- Liza Robinson, Physiotherapist in private practice, Specialist in Oncology and Palliative Rehabilitation, Oxshott, Surrey
- Deborah Victor, Urology Cancer CNS, Royal Cornwall Hospitals NHS Trust, Truro
- Prostate Cancer Voices
- The Prostate Cancer Charity Support & Information Specialist Nurses

Written and Edited by:

The Prostate Cancer Charity Information Team

