The Prostate Aging Problem And Prostate Cancer Prevention

Over the years there has been considerable debate about prostate cancer and the subject of prostate cancer prevention in particular remains somewhat controversial. Although, as with many cancers, men do not themselves cause the onset of prostate cancer, there are certainly a number of risk factors for developing the disease and there is a great deal that can be done, if not to prevent it, then certainly to reduce the risk of developing it. The first step in preventing prostate cancer is to understand that you are at risk of developing the condition and to know just why you are at risk. Here the starting point in understanding the risk is heredity. There is no doubt that men with a family history of prostate cancer are at greater risk and, in general, the risk for a man with one close relative having prostate cancer is about twice that of a man without any family history. With two close relatives this risk rises to about five times that of someone with no family history and with three close relatives reaches a staggering ninety-seven percent. The problem here is that many men are unaware of their family history, not least because many grandfathers, fathers or brothers have died from other illnesses and were perhaps never even aware of the fact they have prostate cancer. This happens because prostate cancer will often develop late in life and can be a very slow growing cancer. As a consequence there is a good chance that individuals will develop other conditions alongside their prostate cancer on which attention is focused and which ultimately results in their death. So, if you are not sure of your family history, then a good starting point is to check things out if you can. If this is not possible, then it's probably a good idea to err on the side of caution and assume that the risk might be there rather than assume that you're in the clear. Another important factor is that of race. African American men for example, and men of African descent, are at a greater risk than Hispanic men who, in turn, are at more risk than Caucasian men. The risk for an African American man is about sixty percent higher than that of a Caucasian man. The next risk factor is diet and men living in Western countries such as the United States or the United Kingdom are at increased risk because of the high levels of fat in many Western diets. Here for the first time is a risk factor that you can actually do something about and lowering the fat in your diet and eating such things as more fresh fruit and vegetables can lessen your risk quite considerably. At this point we start to run into difficulty as, beyond the basic principle of reducing fat your diet, opinions begin to differ when it comes to other aspects of the diet which may be helpful in prostate cancer prevention.

About the Author

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