

**PENNY SAVER NEWS**

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PH:(813)744-5519 x 136, FAX:744-5776  
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Our Florida Department of Health uses September to try to raise awareness of the risks of prostate cancer. Floridians have reason to be concerned. Prostate cancer is the second leading cause of cancer death in our state. Over 19,500 new cases will probably be diagnosed in Florida, and the estimate is that 2,570 men will die from it this year alone. That's too many husbands, sons, fathers and brothers to lose to a treatable condition!

Unfortunately, as a man ages his risk increases. Right now the average age to be diagnosed with prostate cancer is about 70 years. The risk is higher in men whose father or brother had it. But earlier screening, and finding the cancer at an earlier age, gives a man a lot more time to get it treated and under control. Go for a test, especially if someone else in your family had prostate cancer. Go soon! Ask your doctor, call the local Health Dept. (307-8000) or the National Cancer Institute at 1-800-4-CANCER.

This cancer is much more common in African-American men than Caucasians. It is not very common in Asia. But Asian men who move to the US and start eating and living our way soon have the a much higher incidence than the relatives they left back home. That suggests that it's not only genes, and that lifestyle is more important.

What part of the lifestyle is important? It's probably diet. For sure there is an connection between diet and hardening of the arteries. But high cholesterol levels also seem to be connected to several cancers, including prostate. Several months ago the

results of studying half a million veterans were announced. The men who were taking statins to lower cholesterol also had much lower risks of prostate and other cancers.

High fat diets usually raise our cholesterol levels, and cancer risks. Lots of fruit and vegetables usually lower both cholesterol and cancer. Numerous studies have found that diets high in fat, especially animal fat seem to promote prostate cancer. Diets high in fruits and vegetables protect against many cancers, including prostate.

There have been at least two studies specifically looking at diet and prostate cancer. Both of these put the men on diets that were very, very low fat, and had low or no meat or animal products. In both studies the men had lower cholesterol *and* lower Prostate Specific Antigen levels (PSA), a blood test for prostate cancer, after being on the diets.

Does that mean you must become a vegetarian? No. But the higher your risk is, the more you should watch what you eat. Fill half your plate at each meal with fruits and vegetables. Fill half the space that's left with whole grain products. The last quarter of the plate is for your protein.

Limit the amount of fat, particularly fat from animal products. Choose lean meats. Trim off the fat you can see. Take the skin off chicken. Broil or grill instead of frying. Eat more fish. Use fat-free or low fat milk and dairy products. Instead of meat eat beans, peas or lentils several times a week.

If you don't use milk with vitamin D added, get 10 to 20 min of direct sun several times a week. High levels of vitamin D appear to discourage prostate cancer too.

This week's recipe combines fish and vegetables. Steam some broccoli, serve with brown rice or bulghur wheat for your whole grain, have fruit for dessert, and you're on your way to a healthy diet!

## Italian Baked Fish

1 tsp oil	½ medium onion, chopped
1 large tomato, diced	½ green bell pepper, diced
½ C low sodium chicken broth	1/4 C chopped parsley or oregano
hot sauce to taste	4 - 4oz fillets lean fish - cod, snapper

Preheat oven to 350° F. Heat oven-proof skillet over medium-high heat.

Heat oil in skillet, add onion, saute 3 min. until golden. Add rest of ingredients except fish. Saute briefly to warm, lay fish on top of vegetables. Cover and bake for 10 min. or until fish flakes easily. Serve hot. Serves 4.

You can use a mixture of parsley and oregano, or use cilantro for a Mexican flavor.