

Did You Know?

November is Also Known as Movember

What is Movember?

Movember is an annual event involving the growing of moustaches during the Month of November to raise awareness of prostate cancer. The goal of Movember is to "change the face of men's health"

What is prostate cancer?

Prostate cancer is the most common cancer that affects men.

One in eight men will be diagnosed with this disease in their lifetime.

Prostate cancer is a disease where some prostate cells have lost normal control of growth and division. They no longer function as healthy cells.

A cancerous prostate cell has the following features:

- * Uncontrolled growth
- * Abnormal structure
- * The ability to move to other parts of the body

Fact: Risk of having Prostate Cancer is higher

- * If you are over the age of 60
- * Have a family history
- * Are of African descent



Testing

Regular testing increases the likelihood of cancer being detected at an early stage when there are more treatment options and the chance of cure is highest. When deciding on whether to have a Prostate test, talk to your doctor and consider all aspects of the testing process.

How to prevent and treat Prostate cancer

It is beneficial to talk to the doctor regarding prescription medication to prevent Prostate cancer. These drugs help to shrink the enlarged prostate and may prevent further growth. They usually provide modest symptom relief, may help with urinary retention (inability to urinate), and may prevent the need for surgery

Top 3 nutrition tips:

1. Eat foods rich in lycopene. Try tomatoes, tomato sauce, watermelon, guava and pink grapefruit. Lycopene is better absorbed from cooked tomatoes than raw tomatoes.
2. Eat foods high in selenium and vitamin E. Good sources of selenium are Brazil nuts, fish/seafood, meat, eggs and whole grains. Good sources of vitamin E are almonds, sunflower seeds and dark green leafy vegetables.
Cut back on processed meats.
3. Don't go overboard on calcium. You need 1000 mg of calcium every day, about the amount found in 3 cups of milk or fortified soy beverage. Getting more than 1500 mg of calcium a day may increase the risk of prostate cancer.

Your I.D.A. Pharmacists can help in educating and providing you knowledge about prostate cancer.
Speak to Our Pharmacist Today