

DO YOU HAVE THE FEAR OF PROSTATE DISEASE OR CANCER?

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The latest studies show that 230,000 men are diagnosed with prostate cancer each year in the United States, and approximately 30,000 of them will die of the disease. In fact, the incidence of prostate cancer has increased 300 percent since 1990, partly due to better diagnosis through the prostate-specific antigen (PSA) test and other non-invasive testing procedures brought to the forefront of Medicine.

There is evidence that some of these previously undiscovered cancers, even without treatment, may have **never** progressed, **IF** the patient was aware of his options. Regardless, never forget that prostate cancer is the second leading cause of cancer deaths in males, trailing only lung cancer.

What Causes Prostate Cancer?

Scientific evidence indicates that a diet high in vegetable oils, red meats, trans fats, and sugar, but low in selenium, heavy metal toxicity, low Iodine levels, electromagnetic radiation, and low levels of natural vitamin E, zinc, and lycopene greatly increases a man's risk of prostate cancer. Like all cancers. Chronic inflammation is a major cause. Men who have a chronic inflammatory disease, such as diabetes, atherosclerosis, autoimmune disease, or chronic prostate inflammation couples with a diet poor in antioxidants and high in inflammation-generating foods, are a much greater risk of developing cancer than those in better health who have superior health habits. Now on the forefront also is genetic testing and Detoxification and Methylation testing for deficiencies in the metabolic pathways predisposing males to BPH (Benign Prostatic Hypertrophy) and Prostate Cancer.

Many men suffer from a swollen, enlarged prostate called benign prostate hypertrophy or BPH. BPH is a sign of chronic prostate inflammation, and activation of inflammatory enzymes, including LOX and COX enzymes, greatly increase a man's risk of developing prostate cancer.

Recent studies have shown that men who have prostate cancer have a 600 percent increase in LOX enzymes in their prostates when compared to men who do not have prostate cancer. Other inflammatory chemicals, such as interleukin 6 also play a major role, not only in development of prostate cancer but in its aggressiveness, which determines the chances of survival. The new testing procedures that Integrative/Functional Practitioners can perform on male patients can identify probable Prostate Cancer six months to two years prior to traditional testing and are totally NON-INVASIVE to the patient. These new innovative testing procedures are employed at this office on any patients suspected of Prostate Cancer or Prostate Disease.

The Sex Connection

Certain sexual activity can increase the risk of prostate cancer. Oral sex can be dangerous since it introduces a number of bacteria and viruses into the prostate gland by way of the urethra. This can lead to chronic inflammation of the prostate.

Men harbor cancer cells in the prostate gland (just like women who harbor cancer cells in their breasts) at rates that increase with age. By age 70, about 70 percent of men will have cancer cells in their prostate gland, even though only one in 13 will actually develop the disease.

A growing number of studies show that improving nutrition along with the addition of special nutrients can dramatically reduce risk. Even highly aggressive prostate cancers can be changed into less dangerous, slow-growing cancers. In experimental studies, some cancers were completely eliminated.

It is important to understand that most men who have prostate cancer will die of natural causes before dying from the cancer. This is because many prostate cancers grow very slowly and rarely metastasize. Proper nutrition may be the key. What few physicians and even oncologists understand is that inflammation and free-radical production can change a relatively slow-growing prostate cancer into a highly malignant one with a poorer prognosis.

There are several studies that show that, in treating prostate cancer, nutritional treatments are as good as, or better than, most conventional treatments such as

chemotherapy and radiation. Moreover, there are a number of severe side effects associated with treating prostate cancer with radiation. Most importantly, radiation and chemotherapy rarely controls the cancer. The most important point in this regard is that radiation and chemotherapies do **not** destroy **Cancer Stem Cells**. As a matter of fact these therapies actually make the Cancer Stem Cells much more aggressive and virulent.

Diet – The Key to Prostate Cancer Prevention

After examining the diets of 28 countries, one study found that the most common link to prostate cancer was the consumption of milk, especially non-fat milk.

In fact, over two-thirds of cases were attributed to milk consumption. The reason appears to be high amounts of calcium, since taking calcium supplements also dramatically increased risk.

Other studies have shown that diets containing more than 2,000 milligrams of calcium a day (from all sources) dramatically increases the number of advanced prostate cancers when compared to diets containing fewer than 500 milligrams.

There are two reasons for this: 1) calcium promotes the growth and spread of cancer directly; and 2) it can lower vitaminD-3 levels, Supplements of vitamin D-3 (2,000 IU a day) seem to reduce the risk caused by increased calcium.

Vitamin D-3 deficiencies are much more common in men with prostate cancer, which correlates with the lack of sun exposure at this age. Recent studies have shown that only vitaminD-3 is effective, which can be purchased as a supplement.

Warning –Beware of Invasive Testing for the Spread of Prostate Cancer!

Patients suspect of Prostate Cancer or have a familial history of the disease have many options in the differential diagnosis of this dreaded condition. One of the most invasive forms of diagnosis is the biopsy. The Prostate Cancer is encapsulated in the form of a tumor. With traditional needle biopsy you are rupturing the capsule in which the cancer is in and therefore allowing the spread of the disease to other areas of the body. Today, many new procedures can

determine the presence of Prostate Cancer **without** breaking down the wall of the tumor (Bio-film) and therefore opening up the avenue for spread (metastasis).

If you or a loved one suspects Prostate Problems we urge you to come to our office for a consultation to discuss your options. Contact Dr. Badanek at: 352-622-1151 or go to the web site at: DrBadanek.com and witness the scope of Dr. Badanek's views on this or other health challenges affecting Americans today.