

Men: 5 Habits to Reduce Your Prostate Cancer Risk



One in seven men will be diagnosed with prostate cancer in his lifetime, according to the American Cancer Society. Researchers already knew that some healthy habits seemed to help protect against dying from prostate cancer. But until a recent study the effect of combining these habits was unknown.

The More Healthy Habits, the Better

For the study, experts analyzed data from more than 60,000 men followed since the early 1980s. The results? Men who practiced five or more healthy habits had as much as a 68 percent lower risk of dying from prostate cancer. That's compared with guys who had zero or one healthy habit. Researchers found that vigorous activity—exercising to the point of breathing hard and fast—and healthy eating habits were two especially important factors in reducing risk.

The study was published in the *Journal of the National Cancer Institute*.

How to Lower Your Risk

Take these steps to lower your prostate cancer risk. The more you can do, the better, the study suggests.

- Eat plenty of tomatoes and fatty fish
- Stay at a healthy weight, and lose weight if you are overweight
- Limit processed meat
- Quit smoking, if you smoke
- Choose vigorous exercises, such as running, tennis or swimming laps

Developed by StayWell

Fresh Tomato Sauce

Making your own fresh, healthy tomato sauce is an easy way to add more tomatoes to your diet.

INGREDIENTS

- 1½ cups** fresh chopped tomatoes seeds and skin removed
- 1 tbsp** chopped fresh basil
- 1 tbsp** finely chopped red onion
- ½ tsp** minced garlic
- 1 tsp** extra virgin olive oil

DIRECTIONS

If using fresh tomatoes, chop to desired size. If using canned tomatoes, drain juice. Mix all ingredients and refrigerate until ready to use, or use immediately. To make dipping sauce, put it in a blender and blend on high about 10 seconds.