



Prevention

Prostate Cancer Awareness Month September 2020

REDUCING MORTALITY FROM PROSTATE CANCER

Note to Readers: Non-acute medical visits have dropped sharply because of the COVID pandemic and fear of virus exposure. As a result, preventive care has been postponed. We have added information about optimizing cancer prevention while minimizing virus risk.

Prostate Cancer Prevention amid COVID

Screening: Because of **uncertain benefits, shared decision making** (SDM) recommended for standard risk men 55-69 years. SDM may occur remotely, PSA blood test requires blood draw. No screening age 70 or older.

Primary prevention: Exercise and healthy dietary changes are difficult but compatible with social distancing.

Value of Prostate Screening: Uncertain benefit (USPSTF C rating, updated April 2018), **individual shared decision making (SDM)** for average risk men age 55-69 years. **Not recommended age 70** or older. **High risk patients** (prostate cancer in 1st degree family member, African American) may consider PSA screening before age 55 or after age 70.

Reducing COVID Risk of Screening Test: SDM can occur **remotely**. **PSA blood test** requires blood draw, can be added to previously ordered panel.

PSA Screening is complicated, requiring shared decision making. Prostate cancer occurs in most men but kills 3%. **Three major screening trials with conflicting results** found **few lives saved**, at least **10-fold overdiagnosis** of unimportant cancers, and many men with side effects of **overtreatment**. However, **men adjust** to treatment-related sexual, urinary and bowel symptoms, so their quality of life returns to baseline.¹ If so, PSA screening looks better but requires time frames of 15 years or more.²

Cancer Prevention: Physical activity and reduced obesity reduce prostate cancer mortality. A large European prospective study confirms the relationship.³

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REFERENCES:

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2. Shoag JE, Nyame YA, Gulati R, Etzioni R, Hu JC. Reconsidering the trade-offs of prostate cancer screening. N Engl J Med 2020;382:2465-8.
3. Dickerman BA, Mucci LA. Obesity, height, and advanced prostate cancer: extending current evidence toward precision prevention. Ann Oncol 2020;31:7-8.

The Strang Cancer Prevention Cookbook

Reduce your Risk for Cancer by Eating a Healthy Diet!

Tomato-Basil Sauce 4 Servings

2 pounds plum tomatoes (10-12)
1 tablespoon olive oil
2 garlic cloves, crushed
1 small onion (about 1/4 pound), chopped
½ cup fresh basil leaves cut into long strips
Salt and freshly ground black pepper



Core the tomatoes and drop them into boiling water for 20 to 30 seconds. Slip off the skins and slice the tomatoes in half horizontally. Gently squeeze the halves over a bowl to squeeze out the seeds. Use your fingers to remove any remaining seeds. Discard the seeds, chop the tomatoes and reserve.

Heat the olive oil in a medium nonstick skillet over high heat. Add the crushed garlic and cook until lightly browned, then remove and discard. Add the onion to the skillet and cook over medium heat until soft, about 5 minutes, stirring often. Add the reserved tomatoes and bring to a simmer. Cook uncovered over medium heat, stirring occasionally for 30 minutes, until the sauce thickens. Stir in basil, season with salt and pepper, and simmer for 2 to 3 minutes.

Calories 93, protein 3g, carbs 14 g, fat 4 g, cholesterol 0 mg, dietary fiber 3 g, saturated fat 1 g

MAJOR SOURCES OF POTENTIAL CANCER FIGHTERS

Phytochemicals: allium compounds, plant polyphenols (flavonoids, phenolic acids) plant sterols, phytic acids, terpenes, (carotenoids, monoterpenes)

Recipe by Laura Pensiero, R.D., [Strang](#) Nutrition Consultant
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