Press Release

Diet rich in saturated fats can increase the risk of prostate cancer

Sedentary lifestyle and obesity are other major contributors

New Delhi, 14 June 2017: According to statistics, prostate cancer is the third leading cancer in Indian men after lung and mouth cancers and accounts for 7% of all cancers. Estimates suggest that this incidence is expected to rise rapidly by the year 2020. While genetic factors have a role to play, unhealthy lifestyle is another important risk factor for the high occurrence of prostate cancer. Unhealthy diet, physical inactivity, and smoking are likely to increase the risk of developing prostate cancer. Men with fathers or brothers who had prostate cancer have 90% chances of developing this disease.

Speaking about this, Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement, said, "An increased migration of rural population to the urban areas, change in lifestyles, increased awareness, and access to medical facility have led to detection of more cases of prostate cancer. We are not very far behind western countries in terms of the incidence of this disease. A sedentary lifestyle and obesity can trigger the chances of prostate cancer in men. Male patients over 50 years of age with symptoms of lower urinary tract infection should go for annual PSA testing. Urinary infections, frequent urination, retention of urine, incontinence and even erectile dysfunction are all possible symptoms of prostate cancer. Men should not suffer in silence and get themselves checked if any of these symptoms persist."

Diets high in saturated fat increase the risk of prostate cancer. Men who consume high saturated animal fat diet are two times more likely to have disease progression after prostate cancer surgery than men with lower saturated fat intake.

Adding further, Dr Aggarwal, said, "Once the disease is diagnosed, the next course of action is a combination of treatments, chemotherapy, hormone therapy or radiation therapy depending on how advanced the disease is. Surgical removal of prostate gland is another option. Today, laser techniques are also available which make the removal of prostate easy."

Here are some tips for men to prevent development of prostate cancer.

- Choose a low-fat diet
• Consume more of plant fats and less of animal fats.

• Increase the amount of fruits and vegetables in your diet.

• Eat foods rich in omega 3 fatty acids

• Maintain a healthy weight.

• Avoid red meat and high-fat dairy products.

• Quit smoking.

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About IMA: Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

For further information please contact:
Sanjeev Khanna - 9871079105
Md Adib Ahmad – 9873716235
hsgima@gmail.com
IMA Public & Media Advocacy Cell