

Diet and Lifestyle Resources for Patients with Prostate Cancer

Books

Campbell, T. The China Study. BenBella Books, 2006.

One of the largest epidemiological studies of diet and disease

Greger, M. How not to Die. Flatiron Books, 2015.

Dietary interventions proven to reduce the risk of various diseases

Buettner, D. The Blue Zones. National Geographic Society, 2008.

A study of longevity worldwide

Medical articles in peer-reviewed journals (can be found on PubMed)

Costello A, Boldo E, et al. Mediterrean Dietary Pattern is Associated with Low Risk of Aggressive Prostate Cancer: MCC-Spain Study. Journal of Urology 199: pg. 430-7, 2018.

Ornish D, Lin J, et al. Effect of comprehensive lifestyle changes on telomerase activity and telomere length in men with biopsy-proven low-risk prostate cancer: 5-year follow-up of a descriptive pilot study. Lancet Oncology 14: pg. 1112-1120, 2013.

Ornish D, Weidner G, et al. Intensive Lifestyle Changes may affect the Progression of Prostate Cancer. Journal of Urology 174: pg. 1065-1070, 2005.

Chan J, Gann P, et al. Role of Diet in Prostate Cancer Development and Progression. Journal of Clinical Oncology 23(32): pg. 8152-8160, 2005.

Film

Forks over Knives: The Plant-based Way to Health. Edited by Gene Stone, 2011

Online

American Institute for Cancer Research (www.aicr.org)

Specific dietary measures patients can take