



Eating Well for Prostate Cancer

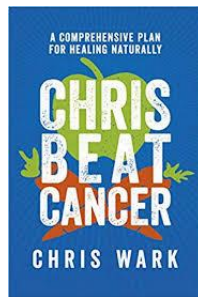
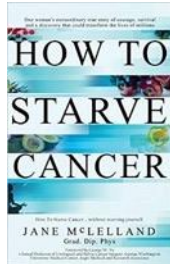


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Nutrition Lead
Penny Brohn UK

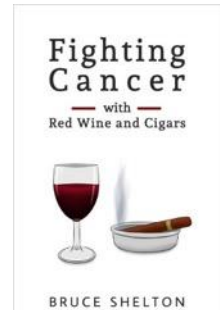
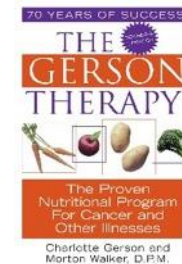
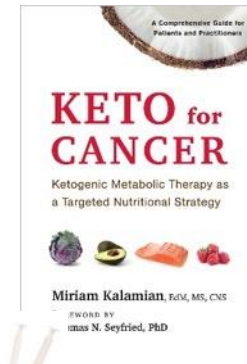
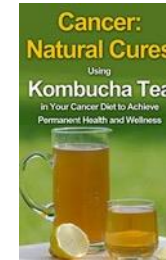
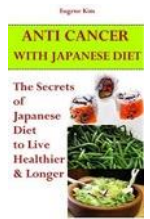
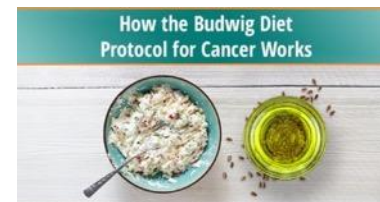
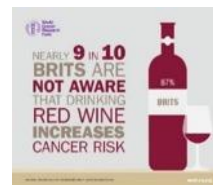
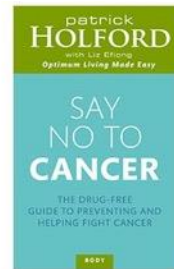
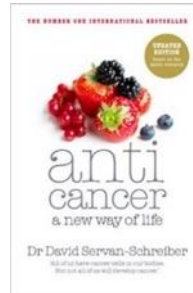
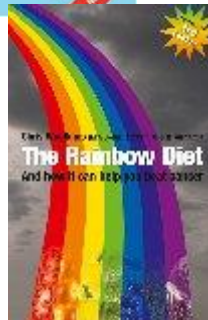
Aims & Objectives for the session

- Evidence for the role of diet and nutrition in cancer
 - Nutrition for physical health
 - Nutrition for emotional health
 - Nutrition for symptoms and side effects
 - Nutrition to support outcomes post-diagnosis
-
- *Not* tailored to specific personal situations
 - **IMPORTANT:** Does not replace advice given by your healthcare team, *especially* during treatment

Dr Google...



CURES ARE UNNECESSARY... WHEN YOU ALLOW YOUR BODY TO PROTECT YOU



Our Approach to Diet, Nutrition & Cancer



World Cancer Research Fund, Third Expert Report,
2018

'There is accumulating evidence on how diet, nutrition and physical activity can have an impact on the biological processes that underpin the **development** and **progression** of cancer'



The Role of Diet & Nutrition with a Secondary Breast Cancer Diagnosis

Support physical health and resilience

- Healthy weight & muscle mass
- Prehab and rehab
- Immunity & Gut health
- Energy & Hormones

Support emotional health and resilience

- Brain food
- Emotional energy
- Positive tool

Support to improve outcomes post-diagnosis

- Crowd out dietary risk factors
- Increase protective nutrients & anti-cancer defences

Support side effects, symptoms and recovery from treatments

- Reduce fatigue
- Support nausea, constipation, diarrhoea, difficulty swallowing
- Support for sleep
- Support for hormonal symptoms / cancer induced menopause

Physical Health & Resilience

- Healthy weight range & muscle mass
- Immunity & Gut Health
- Energy production
- Hormones



Protein

- 1-1.5g/kg protein per day
- building & repair nutrient
- appetite regulation

Fibre – or Low Fibre Plant Food Adaptations

- appetite regulation, blood sugar control & steady energy supply
- Food for gut bacteria = immune support
- hormone regulation

Colourful plants & Vitamin D (sun or supplement)

- Variety of protective nutrients for immunity & healthy inflammation
- energy and hormone regulation
- Food for gut bacteria = immune support

Nutritious fats

- Healthy calorie dense foods for weight gain
- Unsaturated fats support metabolic health & hormones



Emotional Health & Resilience

- Brain food
- Emotional energy
- Positive tool



Positive approaches to nutrition

- Adding not subtracting
- Flexible & feasible
- Don't forget comfort & pleasure

Protein

- 1-1.5g/kg protein per day
- **building & repair nutrient**
- Supports mood regulation – building chemicals in the nervous system

Omega 3 Fats

- Structure for nerve cells
- anti-inflammatory

B vitamins & Vitamin D

- Nerve cell structure
- Building chemicals to support mood and stress management



Support Side Effects, Symptoms & Treatment Recovery



- Reduce fatigue
- Support nausea, constipation, diarrhoea, difficulty swallowing
- Support for sleep
- Support for hormonal symptoms / cancer induced menopause

Tailored Support

- High vs low fibre
- Adapting textures, flavours and foods to reduce irritation
- Personalised requirements for vitamin D & calcium

Healthy Convenience Food

- Keep it simple
- **Meet yourself where you're at**
- Store cupboard staples, low & no prep, nourishing fluids, nutritious ready meals

Fibre, protein, nutritious fats

- Fatigue & Sleep
- Menopause support – bone health, metabolic health
- Weight regain

Nutrient rich plants & fats

- Fatigue
- Pain
- Menopause symptoms – blood pressure, joint & bone health



Support to improve outcomes post-diagnosis

- Increase protective nutrients & anti-cancer defences
- Crowd out dietary risk factors



Mix & match your proteins

- Plant proteins – tofu = easiest to digest
- White fish & oily fish
- Leaner meats, nutritious dairy foods, red meat 1-2 x per week

Add in colourful plants

- Fruit & vegetables
- Herbs and spices

Add in high fibre carbs (symptom dependent)

- Brown rice, pasta & bread
- Colourful root vegetables

Add in nutritious fats

- Oily fish
- Nuts and seeds
- Olive oil, avocados





Protective Compounds

- Polyphenols
- Glucosinolates
- Lycopene
- Soy isoflavones
- Vitamin D
- Selenium
- β glucans

Farinetti, A. et al. (2017) *Mediterranean Diet and Colorectal Cancer: A Systematic Review*

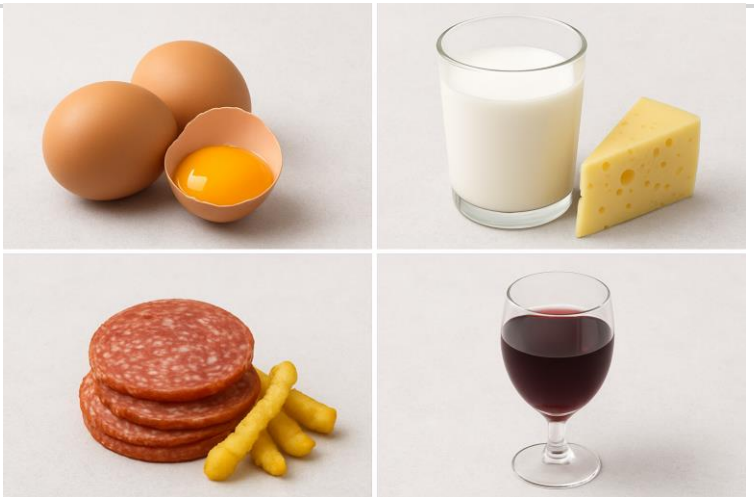
Grosso, G. (2019) *Dietary Polyphenols and Cancer Incidence: A Comprehensive Meta-Analysis*

Abbaoui, B. et al. (2018) *Cruciferous Vegetables, Isothiocyanates and Bladder Cancer Prevention, Molecular Nutrition & Food Research*

Chen, P. et al. (2015) *Lycopene and Risk of Prostate Cancer, a Systematic Review and Meta-Analysis*

Yoon T.J. et al. (2013) *The Effects of β -glucans on Cancer Metastasis. Anti-cancer Agents in Medical Chemistry*

Common Questions & Concerns



- Eggs and choline
- Dairy
- Saturated fat
- Processed meat & red meat
- Alcohol

COLOUR VARIETY MODERATION



'MediterrAsian' Diet

Key principles to consider



- ✓ **Positive approach** *focus more on what you put in than take out ...*
- ✓ **Balanced plate** – *plenty of veg, fibre rich carbs, healthy fats, quality proteins. Think portion and proportion*
- ✓ **Colour** ‘eat a rainbow’
- ✓ **Variety** 30+ different **plant foods** a week *if appropriate*
- ✓ **Moderation** *even ‘healthy’ foods in excess can be unbalanced*
- ✓ **Start from where you are** *small steps, what you like*
- ✓ **Joy and pleasure** *not stress and anxiety. No need to seek ‘perfection’. A little of what you fancy really does do you good!*

Adapt ..

*to suit your
situation,
preferences and
needs, budget*

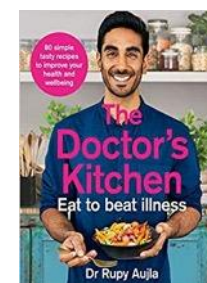
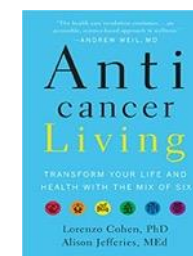
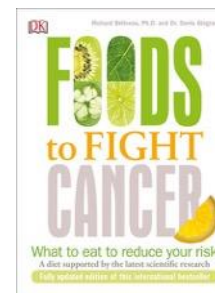
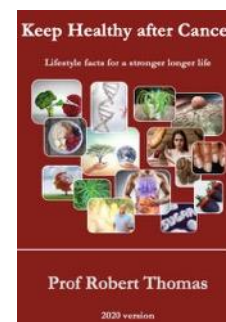
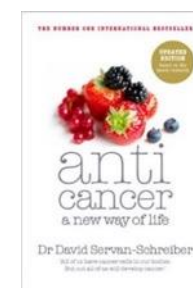
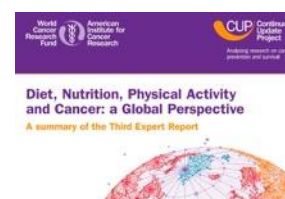
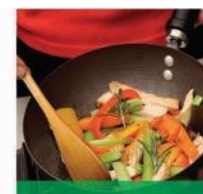
Useful resources ...

Penny Brohn (and NHS/Macmillan collaborations):

- Healthy Eating Guidelines <https://pennybrohn.org.uk/wp-content/uploads/2023/08/Healthy-Eating-Guidelines-July-2018-Final.pdf>
Eating Well During Cancer Treatment https://pennybrohn.org.uk/wp-content/uploads/2023/08/Macmillan_PBUK_Eating-Well_A5_booklet_Online-1.pdf
- Eating Well When Eating Becomes Difficult: https://pennybrohn.org.uk/wp-content/uploads/2023/08/Macmillan_PBUK_When-eating-becomes-difficult_A5_booklet_Online.pdf
- Eat the Rainbow tracker - <https://pennybrohn.org.uk/wp-content/uploads/2023/08/30-eat-the-rainbow-plant-foods-Challenge-1.pdf>
- Whole Life Approach 7 day Recipe Plan/online recipes
- Zoom groups and personal nutrition consultations - <https://pennybrohn.org.uk/our-approach/eat-well/>
 - [Sign up for our newsletter](#) here

Other useful resources:

- Diet, Nutrition, Physical Activity and Cancer: a Global Perspective 2018 3rd expert report WCRF <https://www.wcrf.org/dietandcancer/>;
- Eat Well During Cancer WCRF <https://www.wcrf-uk.org/sites/default/files/Eat-well-during-cancer.pdf>
- Anti-Cancer Way of Life, Dr David Servan-Schreiber
- Anti-Cancer Living, Lorenzo Cohen & Alison Jeffries
- Keep Healthy after Cancer, Prof Rob Thomas, <http://www.cancernet.co.uk>
- Eat to Beat Illness, Dr Rupy Aujla
- Foods to Fight Cancer, Prof Richard Beliveau & Denis Gingras
- Dirty Dozen and Clean Fifteen (PAN, UK) <https://www.pan-uk.org/site/wp-content/uploads/Pesticides-in-our-food-multiple-residues-June-2019-1.pdf>
- About Herbs app (Sloane Memorial Kettering)





Other Services

Free to join,
donations
welcome

Nutrition Know How – Fortnightly, Weds 11am

Friendly, informative Zoom group sessions where we share our knowledge and experience on a range of diet and nutrition topics of particular relevance to people affected by cancer, along with practical tips for putting principles into practice

Nutrition Café – relaxed online drop in session to ask our nutrition experts your questions and connect with others, sharing tips and ideas and chatting about all things food related – **first Tuesday of every month**

Register: <https://www.pennybrohn.org.uk/find-help/online-services/>

Nutrition Know How Community

‘Peer’ Facebook group hosted by Jenny Gregory

<https://www.facebook.com/groups/2586768584894637>

Please note this group is not moderated by Penny Brohn UK

Nutrition 1:1s available each week for those who require more personalised advice for their particular situation

Email: clientsupport@pennybrohn.org.uk

Penny Brohn UK services

Online group sessions

Welcome to Penny Brohn UK

-

Treatment Support Programme

-

How to Live Well with Cancer Programme

-

Nutrition Know-How, Nutrition Café,
Eating Well with Cancer

The Relaxation Rooms
Exploring: Self-Healing; Hypnotherapy;
Mind Body Connection;
Scartherapy

Strength and Stamina
Qi Gong, Yoga, Pilates
Lymphoedema Support

In-person group support

at our centre near Bristol

Wellbeing Days

Relax & Rejuvenate

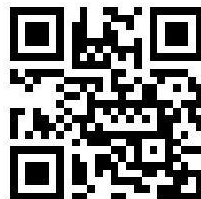
Food & Move

Nature

Getting Creative

Drop in-sessions

Art group



 <https://pennybrohn.org.uk/>

Personal consultations

by phone, some on zoom and in-person

Integrative Doctor Support

Counselling

Nutritional Therapy

Homeopathy (partnership with NCIM)

Physical Activity Support

Client support

A warm welcome

Information on services and help with
where to start

Support with booking appointments



clientsupport@pennybrohn.org.uk