

HIGH FAT DIET AND PROSTATE CANCER

By Robert Pugach, MD



A recently released article on a study suggesting that a high-fat diet may fuel spread of prostate cancer is another important clinical step in our understanding the causes of prostate cancer.

The study published in *Nature Genetic*, "An aberrant SREBP-dependent lipogenic program promotes metastatic prostate cancer," published online on January 15, 2018, suggests that dietary fat may feed prostate tumors and help them spread.

While we know that obesity has been linked to prostate cancer in some studies over the years, the exact reason has not been clear. We may be closer to an answer from the researchers Beth Israel Deaconess Medical Center in Boston. The study found that "when prostate cancers lose a particular gene, they become tiny fat factories." The study, done on mice, found that without this gene, prostate cancer spread and metastasized when fed a high fat diet.

This preliminary finding suggested that dietary fat can fuel prostate cancer growth. The investigators also used an obesity drug that blocks fat production resulting in a regression of metastatic prostate cancer in mice.

The next step involves designing a clinical trial for men with prostate cancer to see if the obesity drug may be an aid to treatment for this cancer.

While many of the specific causes of developing prostate cancer are unknown and being researched, the categories of risk factors include:

- Genetics
- Heredity
- Hormonal influences
- Dietary issues
- Environmental factors

It is important to note that I and most experts agree – limiting your intake of sugar rich drinks and processed carbohydrates, and eating more fruits, vegetables, legumes, fiber-rich whole grains and "good" unsaturated fats is a good health decision.

If you would like to learn more about nutrition and prostate cancer, please contact our office and our nutritionist can schedule an appointment for you.

Learn more about prostate cancer and nutrition at Pacific Coast Urology Medical Center, call 888.735.4336. Visit www.pacificcoasturology.com and www.westernstateshifu.com

Pacific Coast Urology Medical Center and Western States HIFU is one of the leading medical practices in the US specializing in diagnosis and treatment of prostate cancer. Call 844-HIFUDOC (443-8362) or visit: www.pacificcoasturology.com and www.westernstateshifu.com

