

# **DR. METZGER'S SATURDAY EVENING NEWSLETTER**

**FOR JUNE 17, 2023**

**PROSTATE FORUM OF ORANGE COUNTY**

**[WWW.PROSTATEFORUM.ORG](http://www.prostateforum.org)**

---

## UroToday

**“ASCO 2023: Association of Plant-Based Diet Index with Quality of Life in Patients with Prostate Cancer”** Presented by: Stacy Loeb, MD, New York University, New York, NY

[https://www.urotoday.com/conference-highlights/asco-2023/asco-2023-prostate-cancer/144925-asco-2023-association-of-plant-based-diet-index-with-quality-of-life-in-patients-with-prostate-cancer.html?utm\\_source=newsletter\\_11732&utm\\_medium=email&utm\\_campaign=prostate-cancer-daily](https://www.urotoday.com/conference-highlights/asco-2023/asco-2023-prostate-cancer/144925-asco-2023-association-of-plant-based-diet-index-with-quality-of-life-in-patients-with-prostate-cancer.html?utm_source=newsletter_11732&utm_medium=email&utm_campaign=prostate-cancer-daily)

Written by: Zachary Klaassen, MD, MSc – Urologic Oncologist, Associate Professor of Urology, Georgia Cancer Center, Augusta University/Medical College of Georgia, @zklaassen\_md on Twitter during the 2023 American Society of Clinical Oncology (ASCO) Annual Meeting, Chicago, IL, Fri, June 2 – Tues, June 6, 2023.

---

**“Would a heart healthy, vegan or vegetarian diet improve my P Ca outcome?”** This question gets asked a lot at our meetings. This article answers that some of the cancer or drug related side effects may be improved but since it was not controlled for pure vegan vs vegetarian. It is still not known what a true vegan diet may do for prostate cancer patients. Heart healthy diet still remains the diet of choice since men are usually in the heart risk age when prostate cancer is diagnosed.

Click the link above for a brief article by Stacy Loeb, M.D. of New York University. To sum up: “Dr. Loeb concluded her presentation by discussing the association of plant-based diet index with quality of life in patients with prostate cancer by highlighting that this prospective study suggests that greater consumption of healthful plant-based foods is associated with modest improvements in quality of life domains (sexual, urinary, bowel, and vitality) among patients with prostate cancer”.

Those of us interested in nutrition and alternative medicine have turned to **Mark Moyad, M.D., M.P.H.** for many years for science based understanding. Here's his University of Michigan's Health System web page: <https://medicine.umich.edu/dept/urology/mark-moyad-md-mph>.

Here are some of Dr. Moyad's discussions at U of Michigan Health System for your enjoyment and education: <https://grandroundsinurology.com/author/mmoyad/>

Here's Dr. Moyad's page at the Prostate Cancer Research Institute website where you will find many of his videos: <https://pcri.org/mark-moyad/>

He has lots more on the internet and he's an author of several books too. Simply enter Mark Moyad M.D. in your search engine to enjoy his work.

**We look forward to seeing you tomorrow at the Zero Cancer Run / Walk in Long Beach California.**

CKM