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**WEEKLY NEWS UPDATES IN PROSTATE CANCER**

*In this edition:*

## [Active Surveillance 2021 – Patient Selection, Monitoring, and Innocuous Interventions](#)

A really good review of the use of active surveillance in all age groups. Emphasis on clinical guidelines and non-medical factors, like Vitamin D, low-dose statin, and frequent biomarkers for disease status.

### **Simple heart/prostate healthy advice for patients on AS**

- Stop smoking
- Regular exercise
- Dietary modification: weight management, moderate red meat intake, increase fruits/vegetables

Click [here](#) to go to the AS page of Grand Rounds in Urology

Source: Klotz, Laurence. "Active Surveillance 2021 – Patient Selection, Monitoring, and Innocuous Interventions" March 2021. Accessed Mar 2021. <https://grandroundsinurology.com/active-surveillance-2021-patient-selection-monitoring-and-innocuous-interventions/>

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