

DR. CHARLES METZGER'S SATURDAY EVENING NEWSLETTER

MARCH 2, 2024

PROSTATE FORUM OF ORANGE COUNTY

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Impact of Diet and Exercise on Prostate Cancer Progression. (Video)

Professor Stacy A. Kenfield, Sc. D.

Professor June M. Chan, Sc. D.

Prostate Health Education Network October 5, 2023 www.PHENTV.com

https://phentv.com/aiovg_videos/impact-of-diet-and-exercise-on-prostate-cancer-progression-in-men/?fbclid=IwAR2hsXreLzTFYJlz_4Xy7yv0yXSmX-NvBT2JD50kO-rebSkRXWs6HQQu3ro_aem_AVsCmnDKleR5e0m-V-P1B6ildG-tgQr6BANGtcc82zhKnaUhbwoT6EweXIPqN3vN1q0DLQbvNs5vyjEK05iaSgHS

I hope you are enjoying your weekend.

Here's a link to a quick, patient friendly video discussing research that suggests your prostate cancer fight will be more successful with moderate exercise and good nutrition. Moderate wine intake is also good and I am glad to hear that.

Dr. Kenfield and Dr. Chan point to the use of technology to support your exercise routine. I know that sounds like a lot of uncomfortable major lifestyle changes but it really isn't that hard. More walking, more fish and broccoli and fewer drive thru burgers are many small changes in our decision making over our lifetime. And, those decisions can open us up to new foods, new recipes and give us more energy while controlling and preventing other illnesses besides prostate cancer.

The Prostate Health Education Network works to help Black men with prostate cancer and has been around nearly 10 years. They have additional resources including videos. Check out PHEN here: <https://phentv.com/home-page-2/about-phen/>

See you soon.

CKM