



Santa Rosa, Sonoma County Discussion & Support Group Meeting Prostate Awareness Foundation

May 14, 2019 7-9pm

Monthly meetings the 2nd Tuesday of each month
657 Acacia Lane, Community Room, Bldg B, 1st Floor
Santa Rosa, CA 95409

“Nutrition and Prostate Cancer”

Can lifestyle changes, including diet have an impact on prostate cancer survival? Over the last few years there is clinical documentation that indicates what you eat may not cure prostate cancer but it can certainly slow the progression. Dean Ornish, MD conducted a clinical trial that asked the question: “Can lifestyle changes slow or reverse prostate cancer”. This study on Bay Area men conducted in the late 90’s indicated a prostate friendly diet, exercise and a stress management program markedly slowed prostate cancer disease progression. A number of Prostate Awareness Foundation members over the years have definitely benefited from this proactive approach. Some early stage men have used it instead of the conventional options available. Others have used it as a complement to their conventional protocol.

We will view a PowerPoint presentation from Greta Macaire, RD at UCSF Medical Center’s Cancer Resource Center that reviews in depth what constitutes a prostate friendly diet and why. We will also look at what supplements have had a positive effect for some men with prostate cancer.

You won’t want to miss this meeting. As always, there will be time to discuss your personal concerns and interests. Friends, family and loved ones are always welcome.

Please park on the street, the parking lot is for tenants!

Statistics indicate that cancer patients in support group settings live twice as long as those not involved. Come join us for support, information and discussion. For more info, email Ken Malik at kamalik@prostateawarenessfoundation.org or call him at 415-675-5661.



Prostate Awareness Foundation
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WWW.PROSTATEAWARENESSFOUNDATION.ORG