SelfDecode™

Prostate Cancer

Disease Report

REPORT CATEGORIES

- LONGEVITY
- URINARY TRACT HEALTH
- CANCER

Sample Client

Report date: 03 September 2025

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Personal information

NAME

Sample Client

SEX AT BIRTH

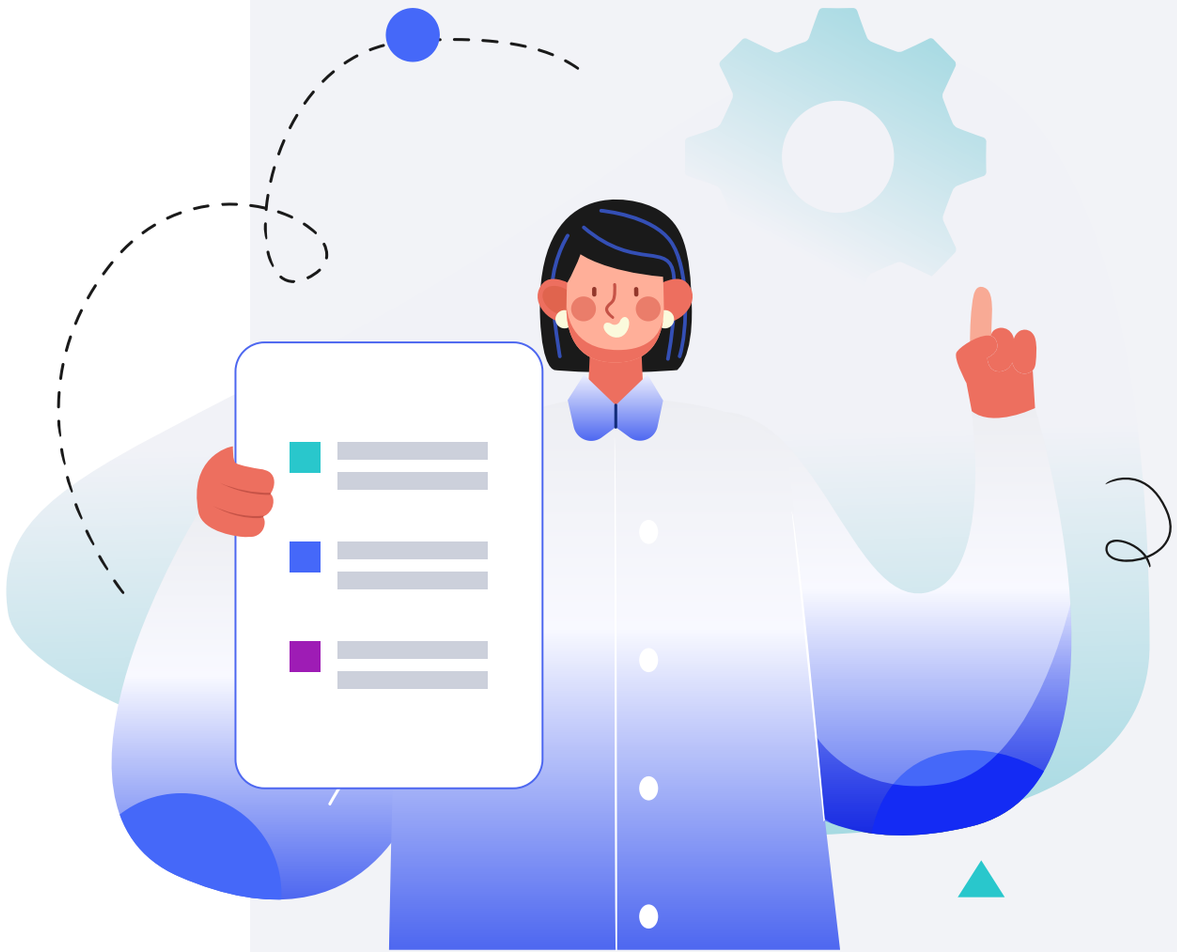
Male

HEIGHT

5ft 9" 175.0cm

WEIGHT

165lb 75.0kg



DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Introduction

Prostate cancer is one of the most common types of cancer in men, involving the growth of cancer cells within the prostate gland, which is responsible for producing some of the fluid in semen and plays a role in urine control in men [R].

Early prostate cancer usually causes no symptoms. More advanced prostate cancers can sometimes cause symptoms, such as [R]:

- Problems urinating, including a slow or weak urinary stream or the need to urinate more often, especially at night.
- Blood in the urine or semen.
- Trouble getting an erection (erectile dysfunction).
- Pain in the hips, back (spine), chest (ribs), or other areas from cancer spread to bones.
- Weakness or numbness in the legs or feet, or even loss of bladder or bowel control from cancer pressing on the spinal nerves.

Longevity Screener

Longevity Screener analyzes your DNA and biometric data to holistically determine your risk of developing serious medical conditions.

34x higher risk

Your odds of developing Prostate Cancer are 34 times higher than someone with Normal risk.

Your lifetime risk is High

Your 10-year risk is Normal

Summary or results

Your results are indicating a High risk of developing Prostate Cancer in your lifetime but a Normal risk within the next decade.

Monitor your risk by regularly checking your related labs and implementing the recommendations provided.

The risk of developing Prostate cancer can be influenced by non-genetic factors such as elevated BMI.

What to do if you get a High risk

Analyze your labs

Analyze your lab results to establish a baseline and track any changes or improvements in your health markers over time.

Find out your out-of-optimal labs

We will pinpoint any values that fall outside the optimal range, allowing you to focus on what matters most.

Optimize labs

Aim to bring all your lab results to optimal levels through lifestyle changes, treatments, and ongoing monitoring for the best health outcomes.

Disclaimer

The Longevity Screener feature is designed to provide insights based on genetic predispositions and basic health data to help you understand factors that may influence your longevity. This tool is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. Always consult with a qualified healthcare provider before making any decisions related to your health, lifestyle, or medical treatments. The information provided by the Longevity Screener is based on current scientific research and should be used as a supplementary tool in conjunction with professional medical advice.

Risk Factors and Treatment

The exact cause of prostate cancer is not clearly understood, but several factors have been identified that increase the risk of developing this disease [R]:

- Age: The risk increases significantly after age 50, and it is most common in men over 65.
- Family history: Having a father or brother with prostate cancer more than doubles a man's risk.
- Race/Ethnicity: African-American men have a higher risk of prostate cancer than men of other races. They are also more likely to develop prostate cancer at an earlier age and have more aggressive tumors.
- Genetics: Genetic changes, including mutations in the *BRCA1* and *BRCA2* genes, which are also linked to breast and ovarian cancer in women, can increase risk.
- Diet: A diet high in red meat or high-fat dairy products and low in fruits and vegetables might increase the risk, although studies are not conclusive.

Treatment options vary depending on the stage of the cancer and other factors, including the patient's overall health and personal preferences [R]:

- Active surveillance: For low-risk cancers, monitoring the cancer closely with PSA tests, rectal exams, and ultrasounds may be recommended until tests show the cancer is growing.
- Surgery: Radical prostatectomy involves removing the prostate gland and some of the surrounding tissue.
- Radiation therapy: This can be used both as an initial treatment for cancer that has not spread beyond the prostate and as a way to relieve symptoms of advanced cancer.
- Hormone therapy: Also known as androgen deprivation therapy (ADT), aims to reduce levels of male hormones, androgens, which can stimulate the growth of prostate cancer cells.
- Chemotherapy: Used for more advanced prostate cancer that has spread to other parts of the body and does not respond to hormone therapy.
- Targeted therapy and immunotherapy: Newer forms of treatment that target specific aspects of cancer cells or

MORE LIKELY

More likely to get prostate cancer based on 1,049,413 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
FSTL5	rs7691481	CC
CNTNAP4	rs74025012	CC
RGS6	rs75316101	AA
FCGR3A	rs147090771	TT
/	rs554511356	CC
/	rs760187366	GG
FGF9	rs781386326	GG
GINS4	rs56336841	CC
/	rs567149703	GG
TTC5	rs566891904	CC
/	rs563535708	CC
IBTK	rs111530166	GG
/	rs769602090	TT
/	rs576948661	AA
KCND2	rs73429913	CC
TNFSF11	rs532873142	CC
/	rs559455928	GG
/	rs142847236	GG
LBR	rs116033837	TT
/	rs544563896	GG

utilize the body's immune system to fight the cancer.

Please note: This report is not diagnostic and can't be used to make any medical decisions. Most cancers are uncommon and have a strong environmental component. Even if your genetic predisposition is high, you will most likely not develop the disease. This report doesn't test for hereditary cancer syndromes or 'cancer genes'. These are usually caused by rare mutations that can't be analyzed by our test. If you're concerned about your risk of hereditary cancer, consider getting a specialized test at a reference laboratory.

GENE	SNP	GENOTYPE
/	rs369133350	AA
/	rs528765618	GG
ATF7IP2	rs74007078	GG
/	rs767101980	TT
ATF7IP2	rs74009335	TT
HOXB13	rs138213197	CC
CDK5RAP3	rs568360281	CC
/	rs185055152	AA
PCP4L1	rs570264784	GG
/	rs750424210	CC
/	rs771304040	AA
CNTNAP2	rs1614837	TT
/	rs755238767	TT
WDR49	rs576596571	AA
PDCD10	rs180800414	TT
/	rs753950595	AA
PCARE	rs201947297	AA
ARHGAP21	rs187133192	CC
/	rs772533608	TT
FICD	rs148664833	CC
/	rs752830148	TT
FAM240B	rs182782495	CC
/	rs575059233	TT
GFRA2	rs147531216	CC
/	rs79056267	GG
HOXB8	rs559612720	TT
/	rs572623710	GG
BTG1	rs545740817	CC
COPZ2	rs554574584	GG
/	rs748385915	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE
1	Tomato	
2	Lycopene	10 mg
3	Green Tea Extract	250 mg
4	Green Tea	400 mg
5	Avoid Dioxin	
6	Whole-Food Plant-Based Diet	
7	Stress Management Therapy	1 hour
8	Avoid Pesticide Exposure	
9	Avoid Secondhand Smoke	
10	Maintain Optimal Vitamin D Levels	1000 iu
11	Mediterranean Diet	
12	Cruciferous Vegetables	
13	Walnuts	
14	Omega-3 (Fish Oil)	2000 mg
15	Garlic Supplement	200 mg

1

Tomato

IMPACT 5 / 5

EVIDENCE 3 / 5

How to implement

Incorporate fresh or cooked tomatoes into your daily diet. This can be achieved by adding them to salads, sandwiches, pastas, and sauces or simply eating them on their own. Aim for at least one serving (approximately 1 medium-sized tomato or 1/2 cup of chopped or cooked tomatoes) per day.

Description

Tomatoes are a fruit grown widely in numerous varieties, and are rich in vitamins C and K, as well as the antioxidant lycopene, which may contribute to heart health and protect against certain chronic diseases when incorporated into a balanced diet.

Tomato (*Solanum lycopersicum*) is a fruit originally from the Andes in South America. It is usually consumed as a vegetable in juices, sauces, or fresh. Tomate is an important source of [R]:

- Vitamin C
- Potassium
- Antioxidants (e.g., lycopene)
- Vitamin B9 (folate)

Tomato is traditionally used for [R, R]:

- High cholesterol
- High blood pressure

How it helps

Consuming tomato products, **particularly cooked ones**, may offer a modest protective effect against prostate cancer [R, R, R, R].

Multiple studies have suggested that higher tomato consumption, especially cooked tomatoes and sauces, is associated with a reduced risk of prostate cancer. **Lycopene**, found in tomatoes, may also play a role in reducing prostate cancer risk, with a suggested daily intake threshold between 9-21 mg [R, R, R, R, R, R].

Lycopene accumulates in prostate tissue where it neutralizes free radicals that can damage DNA and trigger cancer development. Lycopene also appears to inhibit prostate cancer cell growth and reduce inflammation.

However, evidence from randomized controlled trials (RCTs) is insufficient to confirm lycopene's effectiveness in preventing prostate cancer, and its impact on PSA levels remains inconclusive [R, R, R, R, R].

2

Lycopene

IMPACT 4 / 5

EVIDENCE 3 / 5

How to implement

Take a lycopene supplement of 10 to 30 mg per day. It can be consumed with a fat-containing meal to enhance absorption. This supplementation can be ongoing daily to support overall health benefits such as heart health and antioxidant protection.

TYPICAL STARTING DOSE

10 mg

Description

Lycopene is a powerful antioxidant found in tomatoes and other red or pink fruits and vegetables. Consuming lycopene-rich foods may help reduce the risk of chronic diseases and support heart and prostate health.

Lycopene is a bright red substance that gives color to a number of fruits such as [R, R]:

- Tomato
- Watermelon
- Papaya
- Apricot

Lycopene has antioxidant properties. It may help support [R, R, R]:

- Heart health
- Prostate health
- Cognition

How it helps

Multiple studies have linked higher lycopene intake to lower prostate cancer risk, particularly for aggressive forms of the disease. Lycopene, found especially in cooked tomatoes, may also play a role in reducing prostate cancer risk, with a suggested daily intake threshold between 9-21 mg [R, R, R, R, R].

Lycopene accumulates in prostate tissue where it neutralizes free radicals that can damage DNA and trigger cancer development. Lycopene also appears to inhibit prostate cancer cell growth and reduce inflammation.

However, evidence from randomized controlled trials (RCTs) is insufficient to confirm lycopene's effectiveness in preventing prostate cancer, and its impact on PSA levels remains inconclusive [R, R, R, R, R].

3

Green Tea Extract

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Take a green tea extract supplement containing 250-500 mg of EGCG (the active compound in green tea) daily, preferably with a meal to enhance absorption. This dosage is typically split into two separate doses, taken in the morning and later in the day. Continue this regimen for at least three months to observe potential health benefits.

TYPICAL STARTING DOSE

250 mg

Description

Green tea extract is a concentrated form of the beneficial compounds found in green tea, such as catechins. It is used in dietary supplements for its potential to enhance metabolism, aid in weight management, and provide antioxidant protection.

Green tea is made from the same plant as black tea (*Camellia sinensis*). However, the leaves and buds are processed differently [R].

Green tea contains **catechins**. These are antioxidants that help prevent oxidative stress [R].

EGCG is the main catechin found in green tea. It may help reduce inflammation and support weight loss [R].

How it helps

Green tea contains powerful antioxidants called catechins, particularly epigallocatechin gallate (EGCG), which have demonstrated anti-cancer effects specifically in prostate tissue.

In people with early neoplasic prostate lesions, the intake of concentrated green tea catechins may reduce the risk of prostate cancer according to a meta-analysis of 4 studies [R].

4

Green Tea

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Consume 400 mg of green tea extract daily. This can be taken in the form of capsules or tablets available that specify the amount of green tea extract. Ensure the supplement is taken according to the product's specific instructions, usually once a day with water.

TYPICAL STARTING DOSE

400 mg

Description

Tea is a beverage made by steeping the leaves of the Camellia sinensis plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to antioxidants and other bioactive compounds.

Green and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [R, R].

Tea contains antioxidants called **flavonoids**, which may help prevent [R, R, R, R]:

- Heart disease
- Cancer
- Diabetes

How it helps

Green tea contains powerful antioxidants called catechins, particularly epigallocatechin gallate (EGCG), which have demonstrated anti-cancer effects specifically in prostate tissue.

A meta-analysis of 21 studies found **no association** between tea intake and prostate cancer [R].

In contrast, 2 meta-analyses (the largest one with 13 studies) found a **small protective effect of green tea intake on prostate cancer, especially in people drinking more than 7 cups/day. In people with early neoplasic prostate lesions, the intake of concentrated green tea catechins may reduce the risk of prostate cancer** according to a meta-analysis of 4 studies [R, R, R].

5

Avoid Dioxin

IMPACT 2 / 5

EVIDENCE 3 / 5

How to implement

Reduce consumption of animal fats, since dioxins accumulate in fat tissue. Choose lean cuts of meat, and opt for organic or pasture-raised when possible to minimize exposure. Additionally, avoid burning trash that contains plastic, treated wood, or chlorinated chemicals to prevent dioxin release into the environment.

Description

Avoiding exposure to dioxin, a highly toxic environmental pollutant, can help protect against serious health risks, including cancer and hormonal disruptions. Reducing contact with dioxin-contaminated sources such as certain foods and industrial emissions is essential for long-term health.

How it helps

A meta-analysis of 17 studies associated exposure to 2,3,7,8-tetrachlorodibenzo-p-dioxin (TCDD) with an increased risk of prostate cancer [R].

6

Whole-Food Plant-Based Diet

IMPACT 2 / 5

EVIDENCE 3 / 5

How to implement

To implement a plant-based diet, fill your meals with fruits, vegetables, legumes, seeds, and whole grains. Aim for at least 5 servings of fruits and vegetables per day, include legumes in your meals several times a week, and choose whole grains over refined grains. Adjust your diet gradually over a few weeks to avoid digestive discomfort.

Description

A plant-based diet primarily consists of foods derived from plants, such as fruits, vegetables, whole grains, nuts, and seeds, while minimizing or excluding animal products. This dietary approach is associated with numerous health benefits, including reduced risk of chronic diseases like heart disease, diabetes, and certain cancers, as well as improved weight management and overall well-being due to its emphasis on nutrient-dense, fiber-rich foods.

A plant-based diet is not necessarily vegetarian or vegan. It focuses on eating foods mainly of plant origin [R].

It includes a variety of fruits and vegetables, grains, dairy, high-protein foods, and oils [R].

Following a plant-based diet may support [R, R, R, R]:

- Heart health
- Blood sugar control
- Kidney health

How it helps

Vegetarians and pescatarians may have a lower risk of prostate cancer compared to meat-eaters, but the evidence is mixed [R, R].

7

Stress Management Therapy

IMPACT 2 / 5

EVIDENCE 3 / 5

How to implement

Engage in stress management therapy sessions, such as cognitive-behavioral therapy (CBT), for at least 1 hour per week over a course of 8 to 12 weeks. Techniques can include mindfulness, deep breathing exercises, and identifying stressors to develop coping strategies.

TYPICAL STARTING DOSE

1 hour

Description

Stress management therapy refers to various techniques and approaches aimed at reducing and coping with stress. It can improve mental and physical well-being by helping individuals better manage the effects of stress on their health.

How it helps

Chronic stress triggers inflammatory responses and immune system dysregulation that may contribute to cancer development and progression. Stress hormones like cortisol can influence tumor microenvironments and accelerate cancer growth. Regular stress management practices can help maintain hormonal balance and immune function.

8

Avoid Pesticide Exposure

IMPACT 2 / 5

EVIDENCE 3 / 5

How to implement

Purchase organic produce when possible, wash fruits and vegetables thoroughly under running water, and peel them if not organic. Use natural pest control methods instead of chemical pesticides at home and garden. Limit the use of non-organic lawn and garden chemicals.

Description

Pesticides include all chemicals used to kill weeds, insects, fungi, and microbes. Reducing pesticide exposure involves choosing organic or pesticide-free foods and using natural pest control methods to limit contact with potentially harmful chemical residues. It supports overall health by reducing the risk of pesticide-related health issues.

Pesticides include all chemicals used to kill weeds, insects, fungi, and microbes. They are widely used in agriculture to improve crop yields. Common groups of pesticides include:

- Organophosphates (glyphosate, parathion, malathion, chlorpyrifos, diazinon, phosmet)
- Neonicotinoids (imidacloprid, acetamiprid, thiacloprid, clothianidin)
- Pyrethroids (permethrin, alpha-cypermethrin)

Chronic exposure to pesticides has been linked to:

- Fertility problems [R]
- Cognitive problems [R]
- Alzheimer’s and Parkinson’s disease [R, R]
- Thyroid problems [R]
- Obesity [R]
- DNA damage and cancer [R, R, R]

How it helps

In 52 reviewed studies (25 in meta-analysis), high pesticide exposure was significantly associated with pancreatic cancer (OR 1.33), with heterogeneity due to exposure assessment methods. Serum level and self-reporting showed weaker associations, while grouped exposure had a stronger link. The association strength varied with exposure assessment methods, and a family history-pesticide interaction was observed for certain pesticides [R].

However, a systematic review of 15 articles, including 10 in a meta-analysis, found no significant association between exposure to certain organochlorine pesticides (OCPs) and prostate cancer in the general population. Other studies also failed to find significant associations, but evidence did indicate pesticide exposure was a possible factor [R, R, R, R, R].

9

Avoid Secondhand Smoke

IMPACT 2 / 5

EVIDENCE 3 / 5

How to implement

Implementing a smoke-free lifestyle involves communicating your needs to family, friends, and coworkers, requesting they respect your choice by smoking away from you. At home, establish strict no-smoking policies indoors. When out, choose smoke-free venues and accommodations. Advocate for smoke-free environments in your community and support legislation that promotes public health by reducing exposure to secondhand smoke. Utilize air purifiers at home to reduce any residual particles.

Description

Avoiding secondhand smoke is crucial for maintaining good health. Exposure to secondhand smoke can lead to respiratory problems, cardiovascular disease, and an increased risk of lung cancer, even in non-smokers. Protecting oneself from secondhand smoke involves staying away from smoking areas, ensuring smoke-free environments at home and work, and advocating for smoke-free policies in public spaces.

How it helps

Smoking may not increase the risk of prostate cancer. However, smokers who are diagnosed with prostate cancer may have a higher risk of metastasis, recurrence, and death [R, R, R, R, R].

10

Maintain Optimal Vitamin D Levels

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs vitamin D for strong bones. Vitamin D also plays a role in [R]:

- Mood
- Immunity
- Heart health
- Blood sugar control

Sunlight is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [R, R].

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [R].

How it helps

Maintaining optimal vitamin D levels may significantly reduce prostate cancer risk, particularly for aggressive forms. Studies show men with higher blood levels of vitamin D have 30-50% lower risk of developing lethal prostate cancer. The prostate contains vitamin D receptors and enzymes that convert vitamin D to its active form.

11

Mediterranean Diet

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The Mediterranean diet is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats (olive oil).

The Mediterranean diet focuses on traditional cuisine from the Mediterranean regions. It's rich in [R]:

- Olive oil
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [R, R, R, R].

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [R].

How it helps

A Mediterranean diet—rich in **olive oil, fish, nuts, whole grains, and vegetables**—has been associated with lower prostate cancer risk. It's naturally high in **anti-inflammatory compounds** and antioxidants that counteract DNA damage.

The diet also includes healthy fats that may help balance hormones like **insulin-like growth factor-1 (IGF-1)**, which is linked to cancer growth. Compared to Western diets, which are high in processed foods and red meat, the Mediterranean diet appears to support better metabolic health and lower inflammation, both crucial in cancer prevention.

12

Cruciferous Vegetables

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Incorporate a serving of cruciferous vegetables, such as broccoli, cauliflower, Brussels sprouts, kale, or cabbage, into at least one meal each day. A serving size is about a half cup cooked or one cup raw. Try to maintain this habit consistently over time for the best health outcomes.

Description

Cruciferous vegetables like broccoli, cauliflower, and kale are rich in vitamins, fiber, and antioxidants. Including them in your diet can promote overall health and may offer cancer-protective properties.

Cruciferous vegetables are a group of vegetables that belong to the Brassicaceae family. They are rich in fiber, vitamins, minerals, and other nutrients.

Some common cruciferous vegetables include broccoli, cauliflower, cabbage, kale, and brussels sprouts.

How it helps

Broccoli, cauliflower, Brussels sprouts, kale, and cabbage contain sulfur compounds called glucosinolates that break down into cancer-fighting molecules like sulforaphane and indole-3-carbinol. These compounds help the body detoxify carcinogens and possess direct anti-cancer properties.

Research shows men who consume cruciferous vegetables several times weekly have approximately 40% lower prostate cancer risk. These vegetables work by enhancing phase II enzymes that neutralize toxins, reducing inflammation, and modulating hormone metabolism. Sulforaphane, in particular, targets and suppresses prostate cancer stem cells that can drive tumor growth and recurrence.

13

Walnuts

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Incorporate a handful of walnuts (about 1 ounce or 28 grams) into your daily diet. You can eat them as a snack, add them to salads, cereals, yogurts, or use in baking recipes. Do this consistently as part of your daily dietary intake.

Description

Walnuts are nutrient-dense nuts high in healthy fats, particularly omega-3 fatty acids, and antioxidants like vitamin E. They are used to support heart health, brain function, and may help lower the risk of certain chronic diseases like heart disease and diabetes.

Walnuts are the only nut high in ALA, and also contain arginine, vitamin B6 and E, copper, manganese, and phosphorus. Walnuts contain 10,818 mg of omega-6s per 1 ounce serving.

How it helps

A systematic review and meta-analysis of 43 articles on cancer risk and 9 on cancer mortality found that higher nut intake is associated with a significant 14% lower cancer risk and 12% lower cancer mortality. A 5g/day increase in nut intake correlated with specific risk reductions in pancreatic (25%) and colon cancers (3%) [R].

An 8-week study investigated walnut consumption's impact on prostate and vascular health in at-risk men. Results showed increased gamma-tocopherol levels, altered tocopherol ratios, and a trend toward improved PSA ratios [R].

14

Omega-3 (Fish Oil)

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

2000 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

Omega-3 fatty acids are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [R, R, R].

There are three major types of omega-3s: ALA, EPA, and DHA [R, R].

Fatty fish are rich in EPA and DHA. They include [R]:

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week.** Fish oil supplements are available for those who don't eat fish regularly [R].

How it helps

Omega-3 fatty acids, found abundantly in fatty fish (salmon, mackerel, sardines), flaxseeds, chia seeds, and walnuts, possess potent anti-inflammatory properties that may help prevent prostate cancer and slow its progression. These essential fats compete with pro-inflammatory omega-6 fatty acids common in Western diets.

Omega-3s work by reducing inflammation in prostate tissue, influencing cell membrane fluidity, and modulating genetic expression of cancer-related genes. They also help regulate testosterone metabolism and inhibit the enzyme 5-alpha-reductase that converts testosterone to a more potent form (DHT) associated with prostate cancer. Aim for 2-3 servings of fatty fish weekly or consider a high-quality fish oil supplement if dietary intake is insufficient.

15

Garlic Supplement

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take a garlic supplement, such as a garlic extract or aged garlic supplement, in a dosage of 600-1,200 mg per day, divided into separate doses. This should be taken with meals to minimize digestive issues. Continue daily for at least 8-12 weeks to evaluate its effects on health markers like blood pressure or cholesterol.

TYPICAL STARTING DOSE

200 mg

Description

Garlic is a pungent herb known for its potential health benefits, including cardiovascular support and immune system enhancement. It contains bioactive compounds that may help reduce the risk of chronic diseases and support overall well-being.

Garlic is a delicious aromatic herb that adds flavor to your food. But did you know that garlic has been a part of traditional medicine for thousands of years? **From ancient Egypt and Rome to China, people have praised garlic for its many health benefits.** Today, we can trace many of those benefits to sulfur-rich compounds found in garlic. People take garlic to help control their blood pressure and cholesterol [R].

Please note: *Garlic can interact with blood thinners (like aspirin, Plavix, Coumadin). If you are on blood thinners, consult your doctor before supplementing with garlic [R].*

How it helps

People with a high intake of garlic may have a 30% decreased risk of prostate cancer [R].

Garlic contains antioxidants and organosulfur compounds that may help prevent prostate cancer by reducing inflammation, inhibiting cancer cell growth, and enhancing immune function.