



## Prostate Cancer - Reduce your risk

### Maintain a healthy weight

The latest research suggests being overweight or obese probably increases your risk of aggressive or advanced prostate cancer.

### Moderate the milk

Some evidence suggests eating or drinking high calcium products, such as milk, yoghurt or cheese, might increase your risk of prostate cancer. More evidence is needed but you might want to try reducing these foods in your diet.

### Watch for symptoms

If you have trouble passing urine, need to go to the toilet more frequently (especially at night) or find you struggle to completely empty your bladder, or can't quite make it to the toilet in time, please speak with your GP.

### Additions to your diet

Some evidence exists to suggest including tomatoes and oily fish more frequently in your diet may reduce your risks. Tomatoes contain a powerful anti-inflammatory chemical called lycopene and oily fish is full of healthy omega 3 fatty acids.

### Active lifestyle

We don't yet know whether physical activity can help to prevent prostate cancer, but some studies suggest it may help to lower your risk, particularly of aggressive prostate cancers.