



## Living With Prostate Cancer



### Overview

When you're living with prostate cancer, it's important to stay as healthy as possible. Proper diet and exercise help you fight the disease. Here are some tips that really make a difference.

### Eat a nutritious diet

First, focus on eating a nutritious diet. Make sure you eat plenty of fruits, vegetables and whole grains. Chicken, turkey and fish are great choices for protein. Limit processed meats like bacon, ham and sausages. Also watch for foods with saturated fat like cream, cheese and butter and refined grains like white breads and white rice. And don't take any dietary supplements without your doctor's approval.

### Watch your weight

Next, watch your weight. Talk to your doctor about the weight that's right for your height. If you're overweight or obese, ask what you can do to lose the excess pounds. You'll want to avoid gaining any weight during cancer treatment. And if your treatment has ended and you still weigh too much, work to lose it.

### Be physically active

And finally, be physically active. It's safe to exercise during and after prostate cancer treatment. So if your doctor approves, get up and get moving. Exercise will help you feel better. And if you've already been treated for prostate cancer, it can help lower the chance that your cancer will return.

### Conclusion

By focusing on your health and following your doctor's advice, you can fight prostate cancer more effectively.

