

Over half the men in the United States will develop some form of prostate problem making a prostate prevention a major topic for men of all ages. Because prostate cancer and disease are becoming increasingly more common, taking care of yourself now can help you avoid problems later.

Prostate cancer, while very curable if detected early enough, is incurable once it has metastasized outside the gland itself. What this means is that as long as the cancer is confined to the prostate it can be treated and in most cases cured. Once these cancerous cells break away from the malignant tumor and enter the blood stream or lymphatic system they will grow and multiply in other parts of the body. Prostate cancer cells normally metastasize to the skeletal system, which is extremely difficult to treat. This is why it is important that all men get regular checkups by their doctors once they hit 40 years of age.

Aside from regular doctors visits prostate prevention comes down to living a healthy lifestyle. This means cutting out bad health habits and starting to adhere to healthier lifestyle principles. In fact men who want to avoid prostate problems should actually forget about the prostate and look to improve their overall health, particularly their heart.

In healthy bodies, inflammation occurs acutely in response to threats such as infection. Prostatitis, and infection of the prostate, is one such inflammatory response. Inflammation is linked to oxidation, because unhealthy levels of inflammation feed the oxidation chain reaction and help push it to unhealthy levels, too. If we don't get sufficient antioxidants in our diet, or if we eat poorly, or expose ourselves to too much stress or certain oxidation-promoting pollutants, we get unhealthy levels of oxidation in our bodies.

Medical advances and further understanding of the human body has led to an increased awareness of how the prostate becomes damaged and more importantly, new ways of prostate prevention. One of the major breakthroughs in this area has been the development of the Prostatic Specific Antigen (PSA) blood test that detects possible prostate cancer before it has a chance to grow.

Other research that focused on men who eat high quantities of vegetables verses men that don't have led researchers to believe that a high-vegetable diet is essential to prostate prevention. While the research is not concrete, it is reasonably safe to assume that maintaining a healthy diet, exercise, limiting junk food, alcohol and the consumption of red meat can help prostate prevention. Prostate cancer prevention strategies require changing patterns of the way men live to work toward prostate cancer prevention.

According to studies, if men in the age range of 30 to 40 would check for the early signs of prostate cancer, they would have a 90% chance of surviving cancer, if and when they would be found to be suffering from it, without any complications.

by: Andrew Bicknell

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